

Community Education Series

at the **Clover Community Center**
120 Bethel Street, Clover

Eat Smart!

Eat Smart, Move More York County provides simple solutions to help families eat smart. The first session, **Eating Smart at Home**, will be held on **Thursday, February 9**, and will focus on simple ways to plan, shop, fix and eat more meals at home. The second session, **Eating Smart on the Run**, will be held on **Tuesday, February 21**, and will cover useful tips for choosing wisely when eating out. Both sessions are free and will begin at 6:00 pm.

Sponsored by



Town of Clover



**Free
Training**

Community Education Series

at the **Clover Community Center**
120 Bethel Street, Clover

Eat Smart!

Eat Smart, Move More York County provides simple solutions to help families eat smart. The first session, **Eating Smart at Home**, will be held on **Thursday, February 9**, and will focus on simple ways to plan, shop, fix and eat more meals at home. The second session, **Eating Smart on the Run**, will be held on **Tuesday, February 21**, and will cover useful tips for choosing wisely when eating out. Both sessions are free and will begin at 6:00 pm.

Sponsored by



Town of Clover



**Free
Training**