



STARTS
SEPT 28TH
6:30P

Tips to becoming a healthier you this Fall!



8-Week Series on Zoom
only 1 hour per week

COST: DEDICATION
MONDAYS
6:30P - 7:30P
STARTING SEPT 28TH!

Registration required
by September 25th
Contact Jenny
jbiggs2@utk.edu
615-452-1423

ARE YOU READY?



Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP and under an agreement with the State of Tennessee.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating, UT Extension provides equal opportunities in programs and employment.