



# Eating Smart, Being Active

## A FREE Cooking and Nutrition Class

Eating Smart, Being Active offers information about family nutrition, cooking, physical activity, food safety, and making the most of your food dollars. It is a FREE class provided by the University of Missouri Extension Family Nutrition Education Program. Interactive lessons focus on simple messages related to food preparation, nutrition, and getting fit. Participants who attend at least 6 sessions will receive a certificate of completion at the end of the program, and take-home goodies to help lead a healthier life!

For more information, contact Monica Miller:  
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### Location:

Northeast Kansas City Chamber  
of Commerce  
2657 Independence Ave.  
Kansas City, MO 64124

### Classes will meet on Mondays from 3:30 – 4:30 pm on the following dates:

March 12 & 19  
April 2, 9, 16, 23 & 30  
May 7