August 4 and 18  
September 8 and 22  
October 13 and 20  
November 3 and 17

EAT SMART, LIVE STRONG

Who: Seniors Ages 60 to 74

When: All Sessions will be held from 11am-12pm

Where: Pasquotank County Extension Center  
209 McPherson St.  
Elizabeth City, NC 27909

Contact:  
Ellen H. Owens  
338-3954

Participants will adopt key behaviors that will help improve your health and quality of life. New recipe ideas and simple to follow exercises will be shared.

Session Topics:  
August: Reach Your Goals, Step by Step  
September: Challenges and Solutions  
October: Colorful and Classic Favorites  
November: Eat Smart, Spend Less

To register, follow this link: http://go.ncsu.edu/eatsmartlivestrong or call the Pasquotank Extension Center, 338-3954.