

# You Are Invited To Join Us For...



## Eat Smart, Live Strong

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.



**Date/Time:** Thursdays, 9/18, 9/25, 10/2, 10/9  
from 10-11am

**Place:** Pheasant Run Community Room

**Contact:** Brenna Albert, RD, LD 207-541-6953, or  
Susan McCusker, or just show up!



United States Department of Agriculture  
**Food and Nutrition Service**

The USDA is an equal opportunity  
employer and provider.

July 2007

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