



Prescription for Health

Summer is a great time to increase your fresh fruit and vegetable consumption. We have a program to help you do that!

Description

A six-session series that helps you learn:

- *How to eat healthy on a budget*
- *Tips for maintaining a healthy weight*
- *How to use Farmers Market produce to prepare meals*
- *How to make healthy eating a habit*
- *Methods to increase your physical activity*

FREE

Participants can receive up to \$80 in produce tokens to spend at the farmers market. Class size is limited.

Location

St. Louis Farmers Market
City Hall parking lot
300 N. Mill Street
St. Louis MI 48880

Date & Time

June series begins June 16, 2021. Market open
Thursdays 2:00pm-6:00pm

Two July series available:
beginning July 7 & July 28, 2021. Market open
Thursdays 2:00pm-6:00pm

How to Participate?

Contact: Rex Hoyt

**Mid-Michigan District
Health Department**

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Email: rhovt@mmdhd.org