



# **Gwinnett, Newton & Rockdale County Health Departments Present**

## **Eating Smart • Being Active**

Join us for a free 8-week virtual SNAP-Ed nutrition education class where we will discuss:

- \*Planning meals on a budget.**
- \*Making healthy food choices.**
- \*Becoming more physically active.**

For more information or to sign-up, please call 770-339-4286, email [Jasmine.Lewis@gnrhealth.com](mailto:Jasmine.Lewis@gnrhealth.com).

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