

Class series offered through Better Living for Texans

Eat Smart, Live Strong -

This series is designed to improve fruit and vegetable consumption and physical activity among older Americans ages 60 and up.

This series consists for four lessons.

Lesson 1: Reach Your Goals, Step by Step

Lesson 2: Challenges and Solutions

Lesson 3: Colorful and Classic Favorites

Lesson 4: Eat Smart, Spend Less

Each class is one hour long with an incentive gift given in each lesson to every participant.

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