



**WHAT: “WE ARE
WHAT WE EAT!”
PROGRAM**

**WHERE: KENT
COUNTY DHS,
GILDA’S CLUB &
KROC CENTER**

**WHY: TO PROVIDE
YOUTH WITH
TOOLS FOR A
HEALTHIER
LIFESTYLE.**

ENROLL NOW!

“WE ARE WHAT WE EAT!”

The Michigan Department of Human Services Michigan Youth Opportunities Initiative is happy to offer “We Are What We Eat!” This NEW program is for ANY youth ages 14-21 interested in learning about healthy living. There will be hands-on learning about nutrition, cooking, grocery shopping, meal planning and fitness education. Best of all, it is **free of charge!**

Each session lasts three months. Classes are quick, fun and meet the first three Tuesdays of each month. Sessions will be offered from July 2014 through August 2015.

There are limited spaces available so call or email to secure your spot!

For more information or to enroll, contact
Mona Guyton:

Email:
GuytonM@michigan.gov

Phone: (616) 248-1264



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow



GRAND RAPIDS
community
FOUNDATION

