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Want to live a healthier lifestyle?

TRY OUR **FREE** ONLINE CLASSES!



Our Food eTalk and Food eTalk: Better U online classes are **short, easy, and fun** resources for helping you make healthy food and lifestyle choices!

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP. This institution is an equal opportunity provider.

Go to www.foodtalk.org and click on "Login/Sign Up" button!

1. Click sign up/log in
2. Once you've signed up, click eLearning in the orange bar.
3. Complete all 10 classes to receive a **free** bag of kitchen and fitness items.

For more information, please contact:

Chatham County Extension
17 Minus Ave Garden City, GA. 31408
912.652.7981

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution