



United States Department of Agriculture

# You Are Invited To Join Us For...



## ***Eat Smart, Live Strong***

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.



***Date/Time:*** March 30, 2016  
10:30 a.m

***Place:*** Ft. Loudon Senior Center  
142 Mullen Street  
Ft. Loudon, PA 17224

***Contact:*** Franklin County Area Agency on Aging  
717-263-2153



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**Food and Nutrition Service**

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