



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 8, 2016

10:30 a.m.

**Place:**

Mont Alto Senior Center

Mont Alto Fire Co.

Mont Alto PA 17237

**Contact:**

Franklin County Area Agency on Aging

717-263-2153



United States Department of Agriculture  
**Food and Nutrition Service**

The USDA is an equal opportunity  
employer and provider.