

*“Success
is liking yourself,
liking what you do,
and liking how
you do it.”*
— Maya Angelou



**Chatham County Center
NC Cooperative Extension**

Presents

EAT SMART / MOVE MORE TAKE CONTROL

Need some support to get to starting point.
Taking back control of your health.
Join us to start that process.

Group support if beneficial. This is a 6-week starter program.
This program informs, empowers and motivates participants
with strategies to change their eating and physical activity patterns.

Classes begin: Thursday, Oct 16th

Time: 6:00 pm

Program Fees: FREE

Registration is needed, spaces are limited.

Location: Chatham County Center—NC Cooperative Extension
Food Lab, Top Floor



Name: _____

Registration Form

Email: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two Universities welcome all person without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Sam Groce, County Extension Director at 919.542.8202 or sam_groce@ncsu.edu or in person at the County Extension Office at least 14 days prior to the event. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating disability.

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