



Chatham County Council on Aging

and



NC Cooperative Extension, Chatham County Center

Presents

This is a **FREE** eight-week, chronic disease prevention and management program that provides strategies to help adults manage their health.



**Start date:** Tuesday, January 8, 2019

**Time:** 10:00 am

Using the theory of planned behavior to inform, empower and motivate participants.

**Location:** Western Chatham County Council on Aging  
112 Village Lake Rd.  
Siler City, NC 27344

Using strategies and skills to change their eating and physical activity patterns.

**For more details, contact:**

Phyllis Smith  
Family and Consumer Education Agent  
919-542-8247

Faye Tillman  
Council on Aging  
919-742-3975

Website: <http://www.chatham.ces.ncsu.edu>

**2 ways to register for this event!**

Register online! It's fast and easy! Visit <http://go.ncsu.edu/eatsmartmovemore2019>

Or you can register by mail or bring the registration to our office.

Attn: Phyllis Smith, RD, LDN, FCE  
Chatham County Agriculture and  
Conference Center  
1192 US 64 W Business, Suite 400  
Pittsboro, NC 27312

Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

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