



***FREE ONLINE COURSE***

# Eating Smart, Being Active

In six online classes you'll learn to:

- cook fresh, healthy foods your whole family will enjoy
- incorporate more physical activity in your daily life
- store and prepare food safely
- save money at the grocery store

Scan to watch a short video about our program



Scan to sign up for an online class



**At the end of the program you'll receive:** a graduation certificate, an Eating Smart, Being Active cookbook, and WVU-branded kitchen tools