



PRESCRIPTION FOR HEALTH

COST: FREE

Must be a resident of Crawford, Manistee, Missaukee or Wexford Counties and be 18 years of age.

CONTACT:

Dawn Gilbert
231-935-9255 or
MMC-Community-
Health-Staff@mhc.net

*Vouchers are redeemable in listed counties only



Attend a Virtual/Online Session and Earn Up To \$100 in Fruits and Vegetables!

You must attend all classes and return the survey at the end

Eat Healthy, Be Active

Learn the skills needed to make healthy eating and regular physical activity a part of your lifestyle.

**Wednesdays, Sept 8 to Oct 6, 10:00 - 11:00 AM or
Mondays, Oct 25 to Nov 22, 7:00 - 8:00 PM**

Cooking for One

Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

**Mondays, Oct 4 to Nov 8, 1:00 - 2:00 PM or
Mondays, Nov 8 to December 13, 10:00 - 11:00 AM**

My Way to Wellness (self-paced)

A new online nutrition program reviews how to make healthy food choices that work for you, physical activity, goal setting, food safety, reading a food label, and more!

**Mondays, Oct 4 to Nov 8 or
Tuesdays, Nov 16 to Dec 28**

Register here:

<https://events.anr.msu.edu/pfhfall2021/>

