

Small Changes, Healthy Habits

A Program with the LSU AgCenter



Do you want to improve your health one step at a time? Join Rinalda Rocquin of the LSU AgCenter as she conducts **Small Changes, Healthy Habits** to help adults improve their health and nutrition! Nutrition Education Reinforcement Items are provided along with food demonstrations at each session.

****Attendance at each session is requested as each session is unique!****

- Session 1: Habit Formation & Physical Activity **01/10**
- Session 2: Healthy Kitchen Makeover **01/17**
- Session 3: Grocery Store Tour **01/24**
- Session 4: Cooking & Knife Skills **01/31**

Every Tuesday this month, at the following branches:

Roland Borne, Sr. Memorial Library 2979 LA-18 Edgard, LA
70049 **(10:00 AM)**

Leroy D. Williams Memorial Library 170 West 10th St.
Reserve, LA 70084 **(1:00 PM)**

**For more information or to pre-register,
call the Leroy D. Williams Memorial Library
at (985) 536-4107 to register. Limit: 10**