Staying Healthy in Hard Times

Thursday, July 28, 2011
2 p.m. – 6 p.m.

Wayne County Community College District,
Eastern Campus
5901 Conner, Detroit, MI 48213

In partnership with
Wayne County Community College District,
Eastern Campus

Don’t sacrifice your health in these tough economic times. This FREE DMC program offers information and resources to those trying to stay ahead, including:

• Coping with Stress
• Shopping Smarter
• Staying Active
• Disease Prevention
• Low Cost and Tasty Cooking
• Wise Use of Medications
• Home-Grown Food
• Storing Food Safely
• Starting a Food Co-Op

Information for the program provided in part by:
Detroit Medical Center, U.S. Food & Drug Administration,
U.S. Department of Agriculture, Michigan State University Extension - Wayne County, DHWP, Wayne State Shiffman Medical Library Outreach, Focus Hope and United Way

For more information, please call: (313) 578-3518.

DMC always there.