

Simple Steps to Eating Better

Thursday, March 12, 2009
11:30 a.m.—12:30 p.m.
1320 Creek Trail
I-70 Conference Room
Presented by: Sarah Smith



**Healthy
Eating
Healthy
Living**

Participants will be able to:

- Identify **simple strategies** to eat more healthy foods
- Find ways to choose **actions** to take, and create a **plan**

Contact Ashley Halford either by e-mail ashley.halford@modot.mo.gov or by phone **526-1229** to register for this class.

Seats are limited to the first 30 registrants with your supervisor's approval.

Training will be reflected on your LMS transcript.

*This lunch-n-learn is brought to you by the
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