



Healthy Eating Presentation

Monday, Sept. 22, 2025

► **Time:** 1-2 p.m.

► **Location:** Andahwod CGA

2910 S. Leaton Rd., Mt. Pleasant, MI 48858

Presenter: Leia Hoyt

Region VII AAA Registered Dietician

Topics include:

- Healthy food choices
- Home meal preparations
- MyPlate dietary recommendations



***Elder participants will receive a fruit/veggie basket (while supplies last).**

For more information, please contact:

Andahwod CCC&ES at 989.775.4300



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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