



PRESCRIPTION FOR HEALTH

COST: FREE

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

CONTACT:

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231-922-4858
rapinjan@msu.edu**

***Vouchers redeemable at
any Michigan Family Fare
location**



**Attend an Online Session and
Earn Up To \$100 in Fruits and Vegetables!***

*You must complete the pre and post surveys.

*Participants are unable to earn vouchers more than once.

My Way to Wellness

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!

Starts April 17th, ends May 26th

Register here:

**[https://events.anr.msu.edu/
MyWaytoWellnessSpring2023/](https://events.anr.msu.edu/MyWaytoWellnessSpring2023/)**

