



## Diet, fitness Web site launched

### For the Cumberland Times-News

— The University of Maryland College Park and Maryland Cooperative Extension have created a new healthy living Web site for families in Maryland.

This Web site is for Maryland residents who want to learn more about eating healthy and being active. It also has ideas to save on food costs and information on healthy cooking, raising healthy kids, and resources and events for all Maryland Counties. It is accessible at <http://www.eatsmart.umd.edu/> All services on the site are free.

The Eat Smart, Be Fit, Maryland! Web site is part of a research study at the University of Maryland being done to improve community health for Maryland residents. This study is funded by the USDA Food Stamp Nutrition Education Program. For more information, contact the University of Maryland by email at [eatsmartmd@umd.edu](mailto:eatsmartmd@umd.edu).

For more information, contact your local University of Maryland Cooperative Extension registered dietitian, Dr. Jennifer Thorn Bentlejewski, at (301) 334-6960 or (301) 724-3320.

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