

HEALTHY EATING WORKSHOP

Healthy Eating for Successful Living in Older Adults is a **free** evidence-based program for adults age 60+ who want to learn about nutrition, physical activity, and lifestyle changes for better heart & bone health.

This is an educational, hands-on program focusing on strategies to help maintain or improve wellness and prevent chronic disease development or progression.



***WORKSHOP IS CONDUCTED OVER SIX SESSIONS.
EACH SESSION MEETS FOR 2.5 HOURS FROM 9:00AM TO 11:30AM.***

- Thurs. 2/29/24 Session 1: Introduction to MyPlate™ and Exercise
- Thurs. 3/7/24 Session 2: Portion Control, Label Reading, Grains, Vegetables, Fruits, and Endurance Exercise
- Thurs. 3/14/24 Session 3: Protein, Dairy, and Balance Exercise
- Thurs. 3/21/24 Session 4: Fats, Oils, Sweets, and Strength Exercise
- Thurs. 3/28/24 Session 5: Applying our Skills at Grocery Store
- Thurs. 4/4/24 Session 6: Eat Together and Applaud Success

**LOCATION: FALMOUTH SENIOR CENTER
780 MAIN ST, FALMOUTH, MA 02540**

REGISTER: AT SENIOR CENTER OR CALL 508-540-0196

For more information, call Dot Kingsbury, Registered Dietitian
at Elder Services of Cape Cod & the Islands 508-258-2466