



# Be Well, Live Well: A Program on Healthy Aging

## Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

### ***Be Independent, Eat Well***

Learn which nutrients you need more of as you age, how to support cognition through food, and more!

### ***Be Able, Read the Label***

Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

### ***Be Safe, Eat Safe***

Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

### ***Be Creative, Plan Meals***

Find solutions to eating alone and learn how to plan meals for small households.

### ***Be Fit, Move More***

Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

## 4 Friday Sessions Starting:

Friday, June 7, 2019

1:00 - 2:00 pm

New Braunfels Public Library

700 E. Common St.

New Braunfels, TX 78130

**To register, please call:**

830-620-3440

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