



Healthy for Life[®]

Educational Experiences

Healthy for Life[®] is a community-based nutrition and wellbeing program created by Aramark and the American Heart Association (AHA) that focuses on empowering people to make healthy food, nutrition and lifestyle choices.

Our goal is to equip individuals and families on how healthy food can help accomplish their goals and reach their potential every day.

The **Department of Nutrition and Health Care Management of Appalachian State University** will present Healthy for Life[®] educational experiences on the following dates:

This program will be delivered online.

Session 1: **Thursday, March 4, 2021: 2 p.m.**

Session 2: **Thursday, March 18, 2021: 2 p.m.**

Session 3: **Thursday, April 1, 2021: 2 p.m.**

Session 4: **Thursday, April 15, 2021: 2 p.m.**

For more information about Healthy for Life, and to register: Call Dr. Kyle Thompson at 828-262-2631 (please leave your name and phone number, and your call will be returned), or contact the Parish Office: office@stmaryofthehills.org, or 828-295-7323.

