

HEALTHY EATING WORKSHOP

STARTS OCTOBER 2 in HARWICH!

Healthy Eating for Successful Living in Older Adults is a **free** program for older adults 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
BEGINNING OCTOBER 2, 2024.***

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

**LOCATION: HARWICH COMMUNITY CENTER
100 OAK STREET, HARWICH, MA 02645**

REGISTRATION: CALL KELLY ROONEY AT 508-258-2294

Open to residents of any Cape Cod town age 60 or better. For more information, call Dot Kingsbury, Registered Dietitian, at Elder Services of Cape Cod & the Islands 508-258-2466.

