

HEALTHY AGING WORKSHOPS FOR SENIORS



Healthy Eating for Successful Living in Older Adults participants will learn:

- How nutrition and lifestyle changes can promote better health
- How to make better nutrition and exercise choices
- How to reduce your risk of disease
- How to improve your everyday quality of life

HEALTHY EATING FOR SUCCESSFUL LIVING IN OLDER ADULTS

The Healthy Eating for Successful Living® workshop is for people who want to learn more about nutrition and how lifestyle changes can promote better health. The program stresses heart and bone healthy nutrition strategies that are important to preventing or managing most chronic health conditions and help maintain or improve wellness and independence. You'll get the knowledge skills and support you need to make better nutrition and exercise choices.

This workshop is conducted in two-hour sessions, once-a-week, for six consecutive weeks.

Space is limited. Please call 617.477.6699 or email sdahlberg@ethocare.org to register.

WORKSHOP DETAILS:

Healthy Eating for Successful Living in Older Adults

Next Class Begins:

Tuesday, January 29, 2013
1:30 p.m. to 3:30 p.m.

Location:



Edelweiss Village
2220 Centre St.
West Roxbury, MA 02132