



Be Well, Live Well: A Program on Healthy Aging **BINGO.....**

will be played throughout the lessons!!!

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.

Sessions Start:

Thursday's – April 4th, 18th, 25th & May 2nd
1:30 pm to 3:00 pm
Myrtis Village, Jasper

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