



Healthy Eating for Successful Living

Healthy Eating is a free six-week program for adults age 60+ or their caregivers who want to learn how nutrition and lifestyle changes can promote better health. This is an educational, hands-on program focusing on strategies to help maintain or improve participants' wellness and independence, and to help prevent chronic disease development or progression.

Date: July 16th through August 20th, 2014
Time: Wednesdays, 1:00-3:30pm
Location: Elder Services of Cape Cod and the Islands
68 Route 134, South Dennis, MA
To Register: Call Eddie Murphy 508-394-4630 x401
Elder Services of Cape Cod and the Islands

*Respite funds are available for caregivers.
Participants will attend class once a week for six weeks.*

- Week 1: July 16, 2014**
MyPlate, Guidelines, Label Reading, & Flexibility Exercise
- Week 2: July 23, 2014**
Grains, Vegetables, Fruits, Water, & Endurance Exercise
- Week 3: July 30, 2014**
Meat, Eggs, Legumes, Milk, & Balance Exercise
- Week 4: August 6, 2014**
Fats, Oils, Sweets, & Strength Exercise
- Week 5: August 13, 2014**
Applying Our Skills - Grocery Shopping
- Week 6: August 20, 2014**
Putting It All Together – Meal Preparation

