

# Eat Healthy, Be Active Workshop

The Calumet County Aging and Disability Resource Center will be providing a **free** six week workshop series entitled Eating Healthy, Be Active. The curriculum is provided by the Office of Disease Prevention and Health Promotion.

Instructor: Kelly Satori, Registered Dietician for the Calumet County Elder Nutrition Program

**Who should attend: Persons age 60 and older**

**Where: Fox Valley Technical College, Room 144**

**Classes will be held from 10:30 to 11:30 on the following dates:**

- **Mon., April 22:** Advice on building a healthy, tasty meal
- **Mon., April 29:** Healthy eating on a budget
- **Mon., May 6:** How to lose weight and keep it off
- **Mon., May 13:** Quick and Healthy meal and snack ideas
- **Mon., May 20:** Recommendations for making healthy eating part of one's lifestyle.
- **Wed., May 22:** Engaging in regular physical activity



Sample menus and recipes are featured along with food substitutions and calorie comparisons. Other popular topics include choosing healthier options at the grocery store, fast food and full-serve restaurants; food safety; and food labeling. Video vignettes accompany the nutrition workshops as a popular teaching tool.

The sixth workshop in the series focuses on the importance of engaging in regular physical activity. It describes the physical activity recommendations and offers examples of aerobic and muscle-strengthening exercises for all ages, including older adults. Everyone attending will receive a workbook and materials.

Class size is limited. Please call 920-849-1451 by April 15<sup>th</sup> to register.