

Eating Well for Older Adults



February 6th, 13th, 20th & 27th

March 6th, 13th, 20th & 27th

April 3rd

Location :

The Community Kitchen

37 Mechanic Street, Keene NH 03431



Time: 11:15 - 12:15

To Register: Please R.S.V.P. by the Friday Prior to each Class.

Where to Call: The Community Kitchen 352-3200 or
UNH Cooperative Extension 352-4550

What to Expect:

Simple tips for healthy eating as you age.
Ideas for shopping and cooking.
Updated nutrition information.

Topics:

Week One(2/6/18): Great Grains

Week Two(2/13/18): All Star Snacks

Week Three(2/27/18): Dietary Fact or Fiction?

Week Four(3/6/18): Healthy Heart Meals

Week Five(3/13/18): Evaluating Dietary Supplements

Week Six(3/20/18): Keeping Fitness in Your Routine

Week Seven(3/27/18): Savory Soups

Week Eight(4/3/18): Cooking and Seasoning with Herbs

Other Information:

We encourage you to attend as many sessions as possible. Door Prize Raffle will be drawn at the end of each class. One Grand prize winner will be drawn from any participants that have attended all 8 weeks. The Community Kitchen is providing lunch to participants that complete entire lesson.

The City Express & the Friendly Bus

have stops near

The Community Kitchen.

To find information about locations & times please

call **603-352-8494**

or online cityexpress.org



For persons with disabilities requiring special accommodations, please contact Christine Parshall at 352-4550 within 7 days so proper consideration may be given to the request. Language assistance is available at no cost.

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