SHINE Community Workshops
Seniors’ Health Improvement and Nutrition Education

Eat Smart, Live Strong Workshop Series

Tues., February 25—Workshop 1

Reach Your Goals, Step by Step allows participants to review the amount of fruits and vegetables appropriate for their age, activity level and gender. This session encourages behavior change by providing participants with an opportunity to set goals and track achievement.

Tues., March 10—Workshop 2

Challenges and Solutions offers many suggestions to help older adults adapt their eating and physical activity behaviors to reach their goals.

Tues., March 24—Workshop 3

Colorful and Classic Favorites provides hands-on experiences in updating classic recipes by adding fruits and vegetables. Easy-to-make recipes are provided to help participants make classic dishes at home.

Tues., April 7—Workshop 4

Eat Smart, Spend Less increases awareness about the variety of nutrition assistance programs available to low-income older adults. Participants and the educator identify resources within their community to help them obtain fruits and vegetables on a limited budget.

Location—John Guy Prindle Apartments, 80 E North Street, Ilion

Time—3-4 PM

Interested?

Please let Susan Westfield at Prindle Apts know if you are interested.

This is a New Curriculum for SHINE!

These workshops are designed to improve physical activity and fruit and vegetable consumption among older adults, considering your food budget!

Nutrition and fitness-related items, games, & taste testing throughout workshop series!

SHINE Questions? Call Molly at 518-843-2300.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.