SHINE Community Workshops
Seniors’ Health Improvement and Nutrition Education

Eat Smart Live Strong Workshop Series

Friday, *February 14—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.

Friday, *February 21—Workshop 2

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

Friday, *February 28—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.

Friday, *March 6—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—London Towers Apartments, 100 W Main St., Ilion

Time—2 PM - 3 PM


Dates are weather permitting.

Call Melissa at Ilion Housing Authority, 315-894-2159 x15, to learn about a workshop cancellation and rescheduling!

This is a New Curriculum for SHINE!

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

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.

*Revised dates due to inclement weather!!