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Presents...

HEALTHY HABITS MADE SIMPLE

Seniors and Caregivers... gain knowledge and simple healthy eating skills that can be applied to your daily life!

- LEARN:
- What healthy eating habits are!
 - Government recommended foods for older adults!
 - Different types of healthy foods and their benefits!
 - Food costs and where, in Otsego County, you can purchase these foods!
 - Tasty "recipe-of-the-day" samples provided daily!

EVERY MONDAY • 4:00 to 5:00pm
UNIVERSITY CENTER GAYLORD

80 Livingston Boulevard

Six Week Session • April 9th through May 14th

APRIL 9th

"CREATING HEALTHY HABITS AND HOW TO KEEP TRACK"

Amanda Dobrzelewski, CTRS, OCCOA Healthy Aging Activities Coordinator

APRIL 16th

"THE MUST HAVES AND THE MUST NOTS"

Theresa Schmidt, Clinical Nutritionist, Saks Wellness Center

APRIL 23rd

"WHERE DO I START? ~ A BETTER UNDERSTANDING OF A HEALTHY LIFESTYLE"

Pricilla Birch, MS, Registered Dietitian Nutritionist, MI Dietitian Consulting

APRIL 30th

"THOUGHTS BECOME THINGS"

Brandon Granger, Personal Trainer and Life Coach, Powerhouse Gym

MAY 7th

"DESSERT ~ YES PLEASE!"

Amanda Dobrzelewski, CTRS, OCCOA Healthy Aging Activities Coordinator

MAY 14th

"BALANCING ACT"

Suzanne Bannister, OCCOA Meal Program Coordinator

For more information or to sign up,
please call Amanda, *OCCOA Healthy Aging Activities Coordinator*, at

989.748.4068

Healthy Habits Made Simple Planning Team

Amanda Dobrzelewski, CTRS ~ OCCOA Healthy Aging Activities Coordinator
Suzanne Bannister ~ Meal Program Coordinator Wanda Cherwinski ~ Meal Program Assistant

