



OTSEGO COUNTY COMMISSION ON AGING

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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!
- Healthy lifestyle skills!
- 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*

**Five Week Session • August 26th through September 30th**

**AUGUST 26th**

Amanda Dobrzelewski ~ "First Steps to A Healthier Habit"

**SEPTEMBER 2nd**

CLOSED For Labor Day Holiday

**SEPTEMBER 9th**

Wanda Cherwinski ~ "Food Prep and Storage"

**SEPTEMBER 16th**

Dr. Nick Hamlin, PT, DPT, *Munson Healthcare Otsego Memorial Hospital* ~ "Healthy Movement"

**SEPTEMBER 23rd**

Julie Scheier, RDN, *Munson Healthcare Otsego Memorial Hospital*  
"Recommended Diet for Health Conditions"

**SEPTEMBER 30th**

Theresa Schmidt, Clinical Nutritionist, *Saks Wellness Center*  
"The Must Haves and The Must Nots"

For more information or to sign up, please call Amanda,  
*OCCOA Healthy Aging Program Coordinator*, at **989.748.4068**

**HEALTHY HABITS MADE SIMPLE PLANNING TEAM**

Amanda Dobrzelewski, CTRS ~ *OCCOA Healthy Aging Program Coordinator*  
Wanda Cherwinski ~ *Meal Program Coordinator*

