

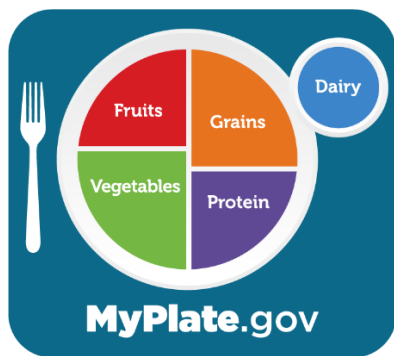
# 10 tips

NUTRITION EDUCATION SERIES



**Are you 60 years or older? Come join** our workshops and have fun while learning how to improve your choices in shopping, eating and physical activity!

### Workshop Topics:



**March 20** - Balancing Nutrition with MyPlate

**March 27** - Eat your Fruits & Vegetables

**April 3** - Adventure into the World of Whole Grains

**April 10** - Diverse Proteins, Balanced Living

**April 17** - Eating Better on a Budget

**April 24** - The Art of Preparing Tomorrow's Meals Today

**May 1** - Unlocking the Secrets to Affordable Fresh Fruits and Veggies

**May 8** - Fuel for an Active Lifestyle

### **Golden Age Center**

3278 Whitehaven Rd

Grand Island 14072

**Thursdays at 10:00 – 11:00am**

**TO REGISTER STOP BY THE FRONT DESK OR CALL THEM AT 716-773-9682**  
If you have any questions about the workshops, please call (716) 858-4951

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP aids low-income individuals and families in buying nutritious food for a better, healthier diet.

For more information call 1-800-352-8401

This institution is an equal opportunity provider and employer.

If you would like to request reasonable accommodations to participate in this program, please contact Erie County Senior Services at (716) 858-4951 or [Michelle.Werneiowski@erie.gov](mailto:Michelle.Werneiowski@erie.gov)