



BE WELL, LIVE WELL

A Program on Healthy Aging

JOIN US FOR A **FOUR-PART SERIES** ON HEALTHY AGING
FREE FOR ALL—NO REGISTRATION REQUIRED!

Tuesdays This Fall at 12:00 p.m. | SEE DATES BELOW

LEARN HOW TO

- Reduce your risk for disease • Engage in a healthy lifestyle •
- Increase your cognition • Enhance your physical abilities •

- Oct. 12** | ***Be Independent, Eat Well***
Learn which nutrients you need more of as you age, how to support cognition through food, and more!
- Nov. 9** | ***Be Able, Read the Label***
Find out how to use the nutrition facts label as a tool to help you maintain a healthy eating pattern.
- Nov. 23** | ***Be Safe, Eat Safe***
Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices , and more!
- Dec. 7** | ***Be Creative, Plan Meals***
Find Solutions to eating alone and learn how to plan meals for small households.
- AND -
- Be Fit, Move More***
Learn the benefits of physical activity as you age and ideas to include physical activity in your daily life.

MEETS AT TYLER SENIOR CENTER

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Tyler, TX 75702

903.597.0781

Or contact:

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