

Healthy Eating *for* Successful Aging

Tuesdays, February 11 – March 25, 10 a.m. – 12:30 p.m.

Live Video Conference



For more information or to register for a workshop, call 413-773-5555 x1230 or email info@lifepathma.org.

For a complete list and more details about upcoming workshops, visit LifePathMA.org.

Healthy Eating for Successful Aging is a program for those of us who want to eat healthier and struggle with fatigue, eating alone, and other barriers. Join us to gain confidence to make simple, healthy meals to improve our nutrition and health.

- Cook/eat easy recipes together
- Apply the MyPlate dietary guidelines to our actual meals
- Practice label reading
- Study of the recommendations for each food group and tips for getting them into our diets
- Journal to discover our patterns and chart our progress

