



You're Invited to **FOOD SMARTS**

A virtual series that brings together older adults for fun and lively activities and discussions around health.

Online sessions begin August 18th!



This institution is an equal opportunity provider

Did you know that nutrition affects all aspects of your health?

Join us for **FREE nutrition and cooking** workshops! In this virtual series, you will learn about the following:

- Cooking healthy meals
- Shopping and budgeting tips to stretch your dollars
- Simple strategies for eating healthy and being active
- Planning balanced meals
- Effective, flexible goal setting to achieve your health goals

TIME: 10:00 am – 11:00 am

SCHEDULE (Tuesdays): 8/18*, 8/25, 9/1, 9/8, 9/15, 9/22, 9/29

*Optional Introductory Session

TO REGISTER: Please e-mail Carolyn.Proskow@sdcounty.ca.gov or call (858) 495-5998 to obtain a meeting link (Microsoft Teams). Class size is limited to 10 participants, and priority will be given to participants 60 years of age and older.

Please register as soon as possible to guarantee your spot!

