

“Healthy Eating for Successful Living in Older Adults” an educational program with a behavior change focus

Developed by
Hebrew
Senior Living,
in partnership
with Harvard
University

Uses USDA
guidelines,
MyPlate, with
the goal to
improve the
nutrition and
physical
activity needs
of participants

Participants
learn goal
setting and
brain storming
strategies to
increase bone
and heart
healthy food
choices.

**Healthy Eating is an evidence based
program for seniors who want to learn more
about nutrition and how lifestyle changes can
promote better health.**

*Six consecutive 2 1/2 hour sessions are followed by a
Healthy Eating restaurant outing one month after the
sixth session.*

Session 1: My Plate, Label Reading, Portion Control and Exercise

Session 2: Grains, Vegetables, Fruits, Water and Exercise

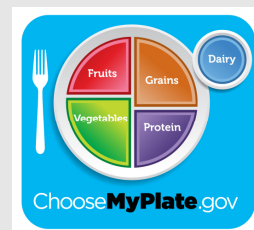
Session 3: Meat, Eggs, Legumes, Milk and Exercise

Session 4: Fats, Sweets and Exercise

Session 5: Grocery Store Outing

Session 6: Meal Preparation

Session 7: To be determined– Restaurant Outing



Sessions:

Thursdays

10/16, 10/23, 10/30, 11/6 & 11/13, 11/20

from

11:00 a.m. to 1:30 p.m.

at

Community Baptist

33000 Harper Avenue

St. Clair Shores, MI 48082

Suggested cost share \$10.00



Please submit registration form to Community Baptist:

(586) 293-3731 or (586) 549-4059

2014 Registration Form

Please complete the following registration form and include
a check for \$10.00 when mailing to :

Evidence Based Programming

Community Baptist

33000 Harper Avenue

St. Clair Shores, MI 48082

(Checks only, please mail in by October 7, 2014)

Name: _____

Address: _____

Phone: _____

E-mail: _____