

Better Choices

Nutrition Program for Older Adults

Program Benefits

- Sample new healthy foods
- A cookbook, water bottle, and other items for you to keep
- Learn and share strategies for healthy living and saving money
- 8 engaging and interactive sessions



**Eat well, shop smart,
and be healthy!**

Start Date (Days): May 13 2016

Time: 10:30 A.M. - 11:15 A.M.

Location: McDowell County Senior Center

For more information or to sign up, contact:

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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.