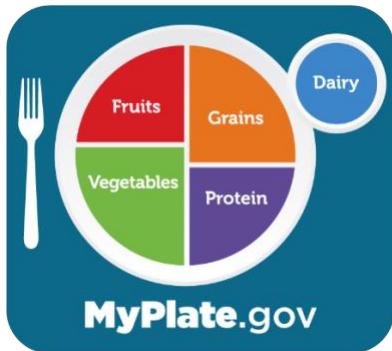




**Are you 60 years or older? Come join** our workshops and have fun while learning how to improve your choices in shopping, eating and physical activity!



### **Workshop Topics:**

**February 4** - Balancing Nutrition with MyPlate

**February 11** - Eat your Fruits & Vegetables

**February 18** - Adventure into the World of Whole Grains

**February 25** - Diverse Proteins, Balanced Living

**If you have questions, please call  
Michelle at (716) 858-4951**

**Please let us know you will be coming!!!**

If you would like to request reasonable accommodations to participate in this program, please contact Michelle at Erie County Department for the Aging at (716) 858-4951 or email [Michelle.Werneiwska@erie.gov](mailto:Michelle.Werneiwska@erie.gov)

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

SNAP aids low-income individuals and families in buying nutritious food for a better, healthier diet. For more information call 1-800-352-8401

This institution is an equal opportunity provider and employer.