

WANT TO IMPROVE YOUR HEALTH AND ENGAGE WITH OTHER SENSATIONAL SENIORS?



This virtual 8-part series will be held in February and repeated in March.

February 2, 4, 9, 11, 16, 18, 23, 25

1:00pm-2:00pm

OR

March 2, 4, 9, 11, 16, 18, 23, 25

1:00pm-2:00pm

OR

March 8, 10, 15, 17, 22, 24, 29, 31

5:30pm-6:30pm

Join us for free, fun Zoom meetings for seniors who want to improve their health, wellness, and nutrition! Topics include:

Let's Get Physical

Preventing Food Portion Distortion

Mindful Eating

Stress-Less Meal Planning

Are You Doing In Your Diet by Dining Out?

Sleep and Stress

And MUCH more!



Register early- space is limited. Register at Hamilton.tennessee.edu. Participants receive a Zoom link by email before the first class.