

# Healthy Habits for Adults

We are pleased to provide free, short nutrition and wellness classes for older adults. Each participant will receive a *Healthy Living Guide for Adults* filled with easy-to-make, nutritious recipes and simple exercises you can incorporate into your weekly routine, along with more tips for adopting a healthy lifestyle.

These classes are a one-hour standalone or series classes.

The program has 10 topics:

- **Eating Healthy on a Budget**
- **How Sweet it is: Limiting Sugar in your Diet**
- **Shake the Salt Habit: Limiting Salt in your Diet**
- **Eating the Rainbow: Enjoying the colors of your fruits and veggies**
- **Stay Regular: Enjoy the Power of Fiber in your Diet**
- **The Skinny on Fat: Reducing Fat in Our Diets**
- **Protein: The Body's Own Superman**
- **Dairy**
- **Whole Grains**
- **Fluids**

For more information about our Healthy Habits program, contact Kathy Brown at Senior Connections, 804-343-3004 or [kbrown@youraaa.org](mailto:kbrown@youraaa.org).