



*Healthy Eating for
Successful Living in Older Adults*

Leader Training

When: February 29th and March 1st, 2012

Where: UPCAP
2501 14th Avenue South
Escanaba, MI 49829

Who should attend: Anyone interested in helping older adults learn about nutrition.

To register or for more information contact:
Tonya LaFave or Tammy Rosa at UPCAP
(906-786-4701)

There is no cost to attend, however trainees must agree to conduct 2 classes per year.

Healthy Eating for Successful Living is an educational, hands-on program for anyone interested in learning more about nutrition and how lifestyle changes can promote better health. This program focuses on heart and bone healthy nutrition strategies which help maintain or improve participants' wellness, independence and prevent chronic disease development or progression.