STAY INDEPENDENT: A Healthy Aging Series

A FREE six-week nutrition and wellness series that provides information and tips to help you remain energetic and vital after age 60.

Tuesdays, 12 pm to 1 pm

May 4: Three Meals a Day

May 11: Feast on Fruits & Vegetables

May 18: Power Up with Protein

May 25: Exercise Your Independence

June 1: Brain Health

June 8: Cooking for One or Two

at the

Woodward Public Library

118 S Main St, Woodward, IA 50276

To register online, visit:

https://www.extension.iastate.edu/ humansciences/stay-independent

Or just call (515) 438-2636



What you'll do ...

- Learn about the health benefits of eating well and moving more.
- Sample healthy, tasty, low-cost recipes.
- · Receive your own menus and exercise guides.
- Laugh, and exchange ideas with peers to help you meet your health goals.

The fees for service will be used to off-set direct expenses and to support the Human Sciences County Extension and Outreach Program. Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.