

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.