



The Wellness Pathways program at GLSS is dedicated to improving the health and quality of life of individuals in our communities. We are committed to building a culture of wellness, where individuals are engaged, educated, and empowered to achieve total health.

SIGN ME UP!

Call today for more information about this or other upcoming Wellness Pathways workshops:

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Healthy Eating for Successful Living in Older Adults™ is part of the Model Programs Project sponsored by the National Council on Aging (NCOA) with funding from the John A. Hartford Foundation. NCOA provides national leadership and oversight for the program originally developed by Lahey Clinic and now revised and administered by Hebrew Senior Life.

This program is being disseminated by an Evidence Based Disease Prevention (EBDP) grant awarded by the U.S. Administration on Aging (AoA) to the Massachusetts Executive Office of Elder Affairs (EOEA), in partnership with the Massachusetts Department of Public Health (DPH), Hebrew Senior Life, Elder Services of Merrimack Valley, and Action for Boston Community Development.



Greater Lynn Senior Services

Do You Want to Learn More About Nutrition and Healthy Lifestyle?



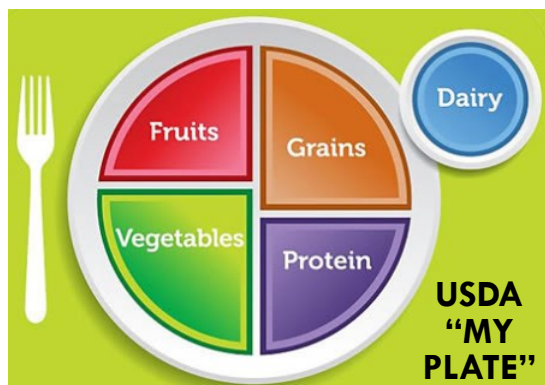
HEALTHY EATING FOR SUCCESSFUL LIVING IN OLDER ADULTS™



MAKING SMALL CHANGES IN YOUR DIET AND LIFESTYLE CAN MAKE A BIG DIFFERENCE!

Healthy Eating™ is a program for older adults who want to learn more about how nutrition and lifestyle changes can promote better health. The program focuses on heart healthy and bone healthy nutrition strategies to improve wellness and prevent disease.

OUR WORKSHOP IS BASED ON THE USDA'S "MY PLATE"



The main components include:

- Self-assessment and management of dietary patterns
- Goal setting, problem-solving, group interactions, self-monitoring, and other strategies
- Recommendations and support for physical activity as part of a healthy diet and lifestyle
- Group support.



MEET NEW PEOPLE...LIKE YOU!

Our small, supportive classes for adults of all ages encourage new friendships with people who have similar interests and are facing similar challenges.

KNOWLEDGE IS POWER!

Participation in the program will help you feel empowered as you see how making small, incremental changes can have a positive impact on your overall health and well-being.

"I am buying more fresh produce and eating fewer prepared foods."

Workshop participant

