

# HEALTHY EATING

## *for Successful Living*

*Mystic Valley Elder Services presents:*

### **A FREE VIRTUAL ZOOM WORKSHOP SERIES**

**Tuesdays, 10:00 am to 12:00 pm**

**October 13 to November 17**

*(class size is limited)*

Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home! Learn more about how nutrition, physical activity and lifestyle changes can promote better health. This virtual workshop series focuses on heart- and bone-healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression in older adults. Healthy Eating uses the USDA's *MyPlate* as a framework.

**For more information or to sign up for the class please contact  
Donna Covelle at 781-388-4867 or [dcovelle@mves.org](mailto:dcovelle@mves.org).**

*Mystic Valley Elder Services works with our neighbors in Chelsea, , Everett, Malden, ,  
Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield, and Winthrop.*

 **Mystic Valley**  
Elder Services

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