



**FOR IMMEDIATE RELEASE**

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CALENDAR ITEM

**FREE Healthy Eating Study Sessions Held at Stoneham Senior Center**  
*Participate and receive a gift card!*

**(Stoneham)**—Mystic Valley Elder Services is sponsoring free Healthy Eating Study sessions and is looking for participants to join. The sessions begin Tuesday, February 5, 2019 from 10:00am – 12:00pm at the Stoneham Senior Center, 136 Elm Street, Stoneham.

The Healthy Eating Study is a research study to help advance the Healthy Eating for Successful Living in Older Adults Program to be a qualified evidenced-based program through an external evaluation. The study is conducted over a six month timeframe only meeting at three specific time periods during those six months. Anyone 18 years or older is eligible to participate. For participating in this study, you will receive three \$10 gift cards.

The study is filling up quickly so if you are interested in participating, please contact the Stoneham Senior Center at 781-438-1157

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**About Mystic Valley Elder Services**

Located in Malden, Mass., Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, nutrition programs, and information and referrals. For more information, please call (781) 324-7705 or visit [www.mves.org](http://www.mves.org).