

Healthy Eating for Successful Living



February 5 – March 12, 2015
Thursdays, 9-11 a.m.
Family Youth Community
Connections
5975 Main Ave. NE
Albertville MN 55301

Healthy Eating™ is a program for people over the age of 55 who want to learn more about how nutrition and lifestyle changes can promote better health. Join us to discover how you can make small changes that can make a BIG difference in your health.

The workshop consists of weekly interactive sessions over the course of 6 weeks with an optional 7th session.

For more information, or to register one of the workshops and for more information, please call Buffalo Hospital at 763-684-7025.