Live a healthy lifestyle

The Good Food for Me program is aimed at helping Seniors gain knowledge to take charge of their
nutrition and maintain a healthy lifestyle.

**The program includes:**

|  |  |
| --- | --- |
| * Information to help you make better choices to improve physical and mental health
* Learn how to read nutrition labels to make wise food purchases
* Budget-friendly meals, ideas to reduce food waste and save money
* Safe food handling and storage ideas

For residents aged 65+ (50+ for Aboriginal or Torres Strait Islander identity)Refreshments provided |  |

**Enquire now:**

We invite you to express interest in future sessions of the program.

Times, days and location are subject to confirmation.

Cost: Small materials fee, contact us to enquire

Contact: Gillian on phone 1300 88 22 33 or 9298 4598
or email OT@maroondah.vic.gov.au