



Welcome, Eat Smart, Move More, Weigh Less

The Area Agency on Aging 1-B is a new, FREE virtual workshop for older adults (60-plus) who want to get healthier through weight management, mindfulness and exercise.

Eat Smart, Move More, Weigh Less is a 15-week program led by a registered dietitian nutritionist. Participants are expected to commit to the program, which is held weekly for one hour by Zoom. Lunchtime, late afternoon, and evening classes are available.

The workshop will cover practical strategies for adopting new behaviors that will lead to desired outcomes.

Participants in Eat Smart will receive materials after they register, including a welcome kit mailed to their home that includes a program workbook, a mindful eating journal, and measurement guidelines.

Call 833-262-2200 to get started. The Area Agency on Aging 1-B has 100 slots available.