STAY INDEPENDENT: 
A Healthy Aging Series

A four-week nutrition and wellness series that provides information and tips to help you remain healthy and independent.

Date: March 6, 13, 20, 27 10:30 am to 11:30 am
(Plan to attend each week)

Location: Sunrise Apartments, 401 E. Ohio, Lenox
Cost: Free

Please register by March 1 by calling 641-333-4415
Sponsored by: ISU Extension and Outreach, Taylor County

For more information contact:
Lori Amdor 641-333-4415

Instructor:
Barb Fuller, 712 789 2449
Nutrition and Wellness Specialist
ISU Extension and Outreach

What you’ll do ...
- Learn about the health benefits of eating well and moving more.
- Sample healthy, tasty, low-cost recipes.
- Exchange ideas with peers to help you meet your health goals.

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension and Outreach Program. Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wiltam, 515-294-1482, wiltam@iastate.edu.