

Nourishing Boomers and Beyond

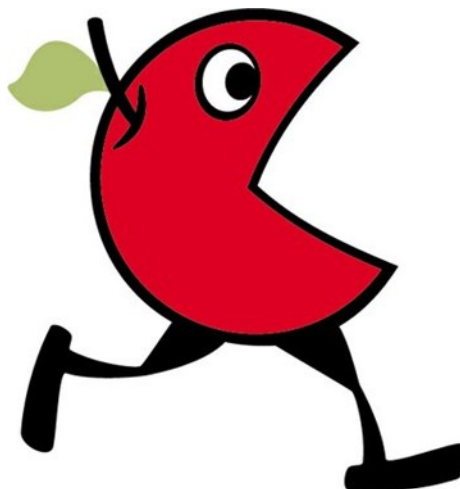
“Our goal is to provide nutrition and overall wellness education and online support to help adults sustain a healthy lifestyle,” says Julie Garden-Robinson, Extension food and nutrition specialist and project director.

**Join us for FREE every 1st
Thursday : Nov.—Oct. 2017**

10:00 a.m. – 11:00 a.m.

Crescent Manor/West

410 S 2nd Street



The [North Dakota State University Extension Service](#) has developed Nourishing Boomers and Beyond, a program to provide North Dakotans age 50 and older with information and strategies to eat more nutritiously and be more physically active so they can reduce their risk of developing chronic diseases.

This program offers Recipes or Nutrition and Fitness learning activities and a [free monthly e-newsletter](#)! Healthy Recipes can be found at www.ag.ndsu.edu/food.

Class Topics

Immune System Brain Skin Stress Muscles Heart Finding the Truth
Eyes Bones & Joints Digestive System Medications and Prediabetes

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