



Wellness Program



With Christina Ganzon, RD, CDN

This program is five sessions long and will be on Friday's. The program will begin on Friday, January 18, 2019 at 11:00 a.m. - 11:45 a.m.

Schedule:

January 18, 2019	Introduction, General Information and Goals
January 25, 2019	Labels, Fats, CHO, Proteins
February 1, 2019	Cooking Light & Eating Out— Cooking Demo
February 8, 2019	Role of Activity
February 15, 2019	Staying on Track—Support, Self-Monitoring, Goals

Located at the Office for the Aging in the Health and Senior Services Building at 2465 Bonadent Drive, Suite 4, Waterloo, NY 13165
(Old Bonadent Building)

