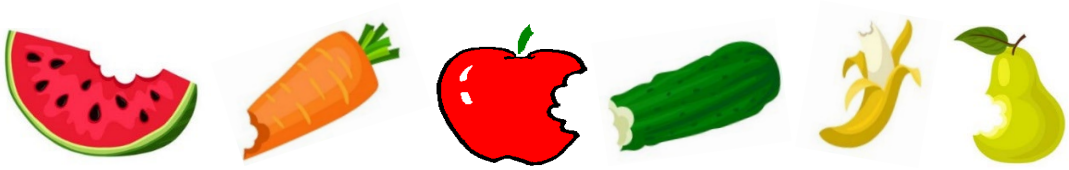
Change your life one BITE at a time!



Looking to improve the quality of what you eat?

Trying to balance calories to reach a healthy weight?

Join the Healthy Eating Every Day program!

Participants Learn:

The right balance of foods for optimal health.

How to develop and maintain healthy eating habits.

Skills to cope with triggers for unhealthy eating.

Free program for people 60 years and up. Join us for the once weekly series of 14 live sessions.

LOCATION: Holy Cross Lutheran Church

724 Big Tree Rd. South Daytona, FL 32119

WHEN: Thursdays, April 21 - July 21, 2022

TIME: 10:00 - 11:00 a.m.

REGISTRATION & INFORMATION:

SCAN ME

or contact Northeast Florida AHEC at

1(877) 784-8486 Toll Free or (904) 482-0189

NORTHEAST FLORIDA AHEC New Directions in Community Health

@NEFAHEC

ACTIVE LIVING partners

ElderSource start here for help

Department of ELDER AFFAIRS STATE OF FLORIDA

Sponsored by Northeast Florida AHEC, ElderSource and the Florida Department of Elder Affairs.

Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. Programs provided at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.