

FRESH

conversations



A free nutrition and physical activity education program that promotes healthy eating and an active lifestyle among adults 60+.

with Amanda Thul, RD

WHAT IS IT?

Fresh Conversations is a free nutrition and physical education program for ages 60+. The program offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well! Fresh Conversations is also an opportunity to connect with other adults for a friendly group discussion!

HOW DO I JOIN?

The first class will be October 26th at 2:30PM on the 2nd floor of HCMH. Walk-ins are welcome or call Amanda Thul, today to reserve your spot!

Instructor: Amanda Thul, Registered Dietitian
HCMH - 1000 15th St. N. Humboldt, IA 50548

**Classes
Begin
October
26th**



REGISTER TODAY
Call 515-332-7608