

QUICK HEALTHY EATING TIPS FOR BUSY PEOPLE AND SINGLES



Do you WANT to eat healthy but don't have the time? Maybe you don't feel like cooking for one? Heidi has some easy, quick, and healthy solutions. She will also discuss which power bar, frozen dinner, and fast food meals are better and why. Don't be fooled, it is possible to eat healthy with little time or effort.

Presenter Heidi Crockett
Aging Care Advocates, Inc.
Geriatric Care Manager, MSW

Date: November 6, 2013
Time: 1:30-2:30pm
Location: Gulfport Senior Center
Dining Room

