



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives, better lives.

FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Healthy Eating Support Group

Traverse City – Do you struggle with the concept of healthy eating because you're not quite sure what it actually means? Eating healthy is not about strict dietary limitations, depriving individuals of the foods they like or staying unrealistically thin. It's really about improving health through the right foods that can bolster mood and combat stress; reduce the risk of chronic diseases; assist in a better functioning brain; allow better sleep; fight off inflammation and chronic pain; boost immunity and energy; protect the heart; and strengthen bones and muscles.

Join registered dietitian Carol Bell for a discussion on healthy eating at the Traverse City Senior Center, 801 E Front Street, on Wednesday, July 19 and Thursday, August 17. Both dates meet at 6:30 p.m. Bell earned a master's degree in Dietetics and Nutrition from Eastern Michigan University. Her consulting practice in Traverse City is called Nutrition and Body Dynamics.

Each month the group explores a topic related to reducing inflammation, healthy weight strategies, eliminating pain, improving digestion and balancing hormones. On July 19, the group will discuss spiralized fruits and vegetables and on August 17, going dairy-free.

Food demonstrations and tastings are included in the group discussions. You will leave with an awareness of how small, simple adjustments to food and lifestyle routines can make an impact on your energy and body health.

The cost is \$5 for each event and advance registration is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.



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