



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives better lives.

FOR IMMEDIATE RELEASE

Date: Tuesday, December 20, 2016

Contact: Ericca Hovie, Program Coordinator

Phone/Email: 231-922-4911/lwells@grandtraverse.org

Subject: Healthy Eating Support Group at the Traverse City Senior Center

TRAVERSE CITY – Are diet foods causing weight gain? Join registered nutritionist Carol Bell for a discussion group each month to explore this and other health and wellness topics.

The first meeting is Thursday, January 12, 6:30 p.m. at the Traverse City Senior Center. Other topics to be covered in future sessions include: reducing inflammation, applying healthy weight strategies, eliminating pain, improving digestion, and balancing hormones. There will also be food demonstrations and tastings.

Participants also will have opportunities to share ideas for eating healthy at home, in restaurants, while traveling, and during the holidays. According to Bell, small, simple food and lifestyle adjustments can foster huge energy and vitality boosts.

Advance registration required and cost is \$5 to cover supplies. Call 231-922-4911.

###