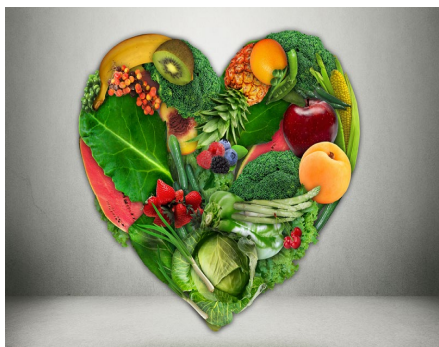




# FOOD IS MEDICINE - DEARBORN COUNTY

Tuesdays at 6:00-8:00PM, August 5<sup>th</sup>-October 21<sup>st</sup>

Purdue Extension Dearborn County – 229 Main Street, Aurora, IN 47001



The focus of this program will be on the Mediterranean diet and the benefits of nutrition and physical activity on chronic disease prevention and 7 healthy behaviors for optimal aging.

**Contact Purdue Extension Dearborn County to register for the program:**

Call 812-926-1189  
or  
email mparcell@purdue.edu

## **HEALTHY FOOD BOX PROGRAM**

Are you interested in learning how to eat healthy and be physically active? Join us for the Food is Medicine Program in Dearborn County this fall! This program is FREE to Dearborn County residents with Dearborn County Health Department Indiana Health First Funds. Healthy incentives will be given out at each class!

## **STEPS TO A HEALTHY YOU CLASSES**

August 5, 12, 19, 26

And

September 2

## **HEALTHY BEHAVIORS FOR OPTIMAL AGING**

September 9, 16, 23, 30

And

October 7, 14 & 21

## **Program Details:**

- **Education & Food Demonstrations** – Purdue Extension will provide nutrition education. Participants will get to taste food demonstrations each class!
- **Food Boxes** – Participants will receive a food box with healthy recipe ingredients at each class.