

Nutrition Education

Group nutrition education programs are conducted at all Eat Well...Stay Well dining site locations at least every 3rd month or in some cases more frequently.

Our Registered Dietitian can also be scheduled to speak to your church group or senior citizen organization or Club about any nutrition topic.

Topics for Discussion include but are not limited to:

- *Salt, sodium and your blood pressure*
- *Lowering your cholesterol though diet*
- *Calcium, vitamin D and Bone Health*
- *Diabetes Management including carbohydrate counting*
- *The Dietary Guidelines*
- *The Food Pyramid*



Eat Right!



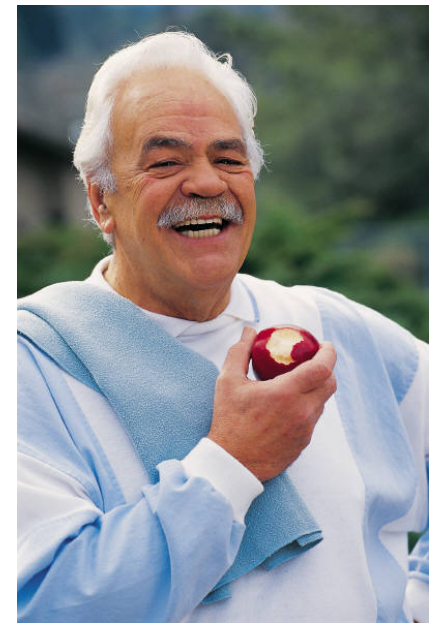
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Glenda Reardon,
Registered Certified
Dietitian

Nutrition Counseling and Education Program



Niagara County Office for the Aging
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Nutrition Counseling



Nutrition counseling is conducted by the Registered Certified Dietitian, Glenda Reardon. Individual counseling sessions are all about you and your nutritional problem—whatever it may be. Topics of interest include:

- Diabetes
- Heart Disease
- Fat, Lipids & Cholesterol
- Sodium & Potassium
- Iron & other Minerals
- Dietary Guidelines
- Food Pyramid
- Renal Disease
- Gastrointestinal Diseases
- Weight Management

Other Wellness Programs

Club 99 is an exercise program using resistance bands. It is called “Club 99” because individuals are pledging that they would like to live to age 99. The bands and educational information on how to use the bands are given out free to seniors who register for this program. It takes place at Eat Well...Stay Well Dining Sites. The days and times vary. Call 438-4030 for information on a Club 99 program near you.

Stay Well

Stay Well is a 6-week wellness program, involving a series of talks and demonstrations by collaborating entities. Individuals are weighed in each week and blood pressures are taken by experienced staff.



A concentrated effort is made by participants to eat healthier and adopt other lifestyle changes that will help attain the goal of improved health. Stay Well is happening at a site in Niagara County today. Times and places vary, so call 438-4030 to find out when it will take place near you. Transportation is available to some dining site locations.

For a complete list of Eat Well...Stay Well Lunch-time Dining Sites call 438-4030.

You Are Invited to Lunch!

The Registered Dietitian also writes the menu for the lunch sites and the home delivered meal program. When you come to a site for lunch you can be assured that the meal meets one-third of the Dietary Reference Intakes from the National Academy of Science for individuals age 60 and above. A suggested contribution of \$2.50 is requested.



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