

# WANT TO IMPROVE YOUR HEALTH AND ENGAGE WITH OTHER SENSATIONAL SENIORS?



This virtual 6-part series will be held in March.

**March 2, 4, 9, 11, 16, 18**  
1:00pm-2:00pm

Join us for free, fun Zoom meetings for seniors who want to improve their health, wellness, and nutrition! Topics include:

Let's Get Physical  
Preventing Food Portion Distortion  
Mindful Eating  
Stress-Less Meal Planning  
Adaptive Equipment as You Age  
Sleep and Stress  
And MUCH more!



Register early- space is limited. Register at [Hamilton.tennessee.edu](https://Hamilton.tennessee.edu). Participants receive a Zoom link by email before the first class.