



# CATCHing Healthy Habits for Adults 50+

## Have fun moving and learning to eat healthy!

Sign-up for one or both of these **FREE**, fun, interactive classes.

- Learn practical tips on healthy eating and keeping active.
- Enjoy a nutritious snack.
- Enjoy exercise that will get everyone moving at their own pace.

### Class Offerings

#### **Salt, Sugar, and Fat! Oh My!**

*Meet the foods that can sabotage anyone's healthy diet and weight loss efforts. Learn to distinguish culprit foods that can sneak into your diet. Discover effective ways to reduce their intake without sacrificing flavor.*

Locations and times:

Escondido Senior Center 6/24, 1-2:15

San Marcos Senior Center 7/1, 1-2:15

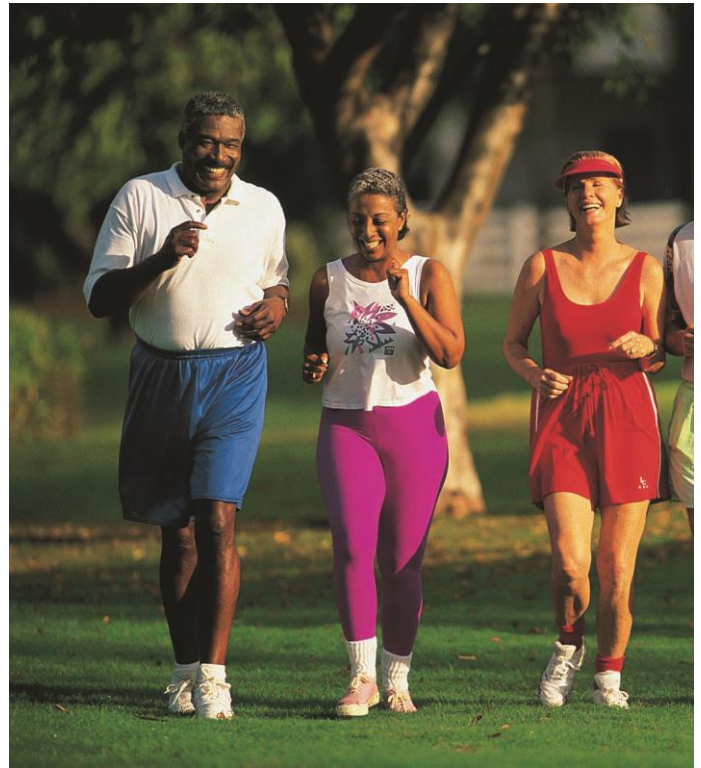
#### **Eat Your Veggies!**

*77% of adults don't get enough vegetables each day. Experience why it's important to "eat the rainbow." Learn (and taste test) a unique and time-efficient way to add colorful foods to your daily diet.*

Locations and times:

San Marcos Senior Center 7/29, 1-2:00

Escondido Senior Center 8/5, 1-2:00



**Sign up today by emailing or calling Becky Hofseth at  
bhofseth@oasisnet.org; (760) 877-7588**

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