



Healthy Living

Healthy Outlook Series

Monday's March 5-26; 1:00—2:00 pm

Topics discussed:

March 5— **Food Safety for Seniors**, Lorain County Public Health

March 12— **Nutritional Eating** by Lea Goldsmith,
Maximize Fitness

March 19— **Cooking for One/Portion Control** by Ideal HHC,
Woods on French Creek, Bella Hospice

March 26— **Healthy Lifestyle Choices/Healthy Weight for Seniors**; Dietician, Northridge Health Center

This series is free of charge, please register by calling the

North Ridgeville Senior Center at

440-353-0828, M-F 9 am-4 pm

7327 Avon Belden Road
North Ridgeville, OH 44039



Lorain County
Public Health

For the Health of Us All

