



**Valley Area  
Agency On Aging**

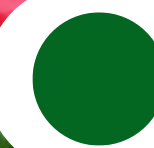
Answers, Action & Advocacy  
for **All Things Senior**

# Healthy Eating for Successful Living in Older Adults

- 6 week class, meeting up to 2.5 hours each week
- Cooking Demonstrations and Grocery Store Food Tour
- Topics include: MyPlate Guidelines, Label Reading, Grains, Vegetables, Fruits, Water, Meat, Eggs, Legumes, Milk, Fat, Sweets and Exercise

**Register Now!**

McFarlan Villages at Court Street  
700 E Court St. Flint, MI 48503  
June 3 - July 15, 2026  
1:00pm - 3:30pm  
To register call: (810) 239-4400



**Presented By:**

Jeannette Brunetti, RD at VAAA

