

# Food, Fun, & Friendly Conversation!



The *Fresh Conversations* program offers food, fun and friendly conversation to help you maintain your health and independence. Once a month, older adults gather together at Senior meal site to learn from each other, sample new recipes, discuss current nutrition and health topics, and discover new ways to be active.

Passionate people lead the monthly *Fresh Conversations* meetings and make it easy for you to stay on the path to healthy aging. People support each other by sharing creative and simple ideas for eating well and being active. Older adults have a lifetime of experiences and knowledge that have great value. So come to a meeting, enjoy good food, and let your voice be heard!



## Join us soon for a **Fresh Conversations Gathering!**

For more information about Fresh Conversations, or to locate a program site near you, please contact our local Fresh Conversations coordinator at the contact info listed below:

*The University of Maryland is an equal opportunity provider.*



**A Healthy Living Program for You!**



## Fresh Ideas & Up-to-Date Info

Fresh Conversations provide a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!



The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games. Real success stories are also shared from program participants to inspire you to set personal goals and take action!

## Fresh Tip

Collecting a copy of *Fresh Conversations* each month is a way that anyone can create a personal library of fitness and nutrition information!



## Who can attend Fresh Conversations meetings?

Any Marylander 50 years or older can participate in *Fresh Conversations* meetings, especially those who are interested in positively transforming their personal health!



Pioneer-Columbus Congregate Meal Site Fresh Conversations group with Fresh Conversations Coordinator Stephanie Labenz.

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Maryland's "Fresh Conversations" is implemented through a partnership between University of Maryland Extension (UME) and Maryland Department of Aging (MDoA)

Fresh Conversations was developed by Iowa Department of Public Health in partnership with Iowa Department of Human Services and Department on Aging and funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

## Testimonial of Fresh Conversations' Success



Ida D. believes *Fresh Conversations* has made a difference in her life, and her doctor agrees. He has noticed improvements in her health and asked her to keep it up. As

a diabetic, Ida has always understood the importance of eating right, but *Fresh Conversations* has made her even more picky about choosing better foods. She also has a new attitude about walking and chooses to be more active.

## Good for You, Good for Your Wallet.

Fresh Conversations allows you to experience tasty, healthy recipes before you invest your own, hard-earned money on the ingredients. Samples of the recipes are often provided

during the group meeting along with nutrition and cost information. Anyone can make the simple, tasty recipes. Sometimes the tasting is as simple as new vegetables dipped in a dressing. Kale, anyone?

