



FRESH CONVERSATIONS



Who can attend Fresh Conversations?

Any Kansan 60 years-old or older can participate in Fresh Conversations meetings, especially those who are interested in positively transforming their personal health! Not 60+ but you still want to get involved? Fresh Conversations is always looking for volunteers to help lead our meetings.

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What is *Fresh Conversations*?

Fresh Conversations provides 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.

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

We are offering *Fresh Conversations* on the 3rd Thursday of each month at 8:15 a.m. in the Ottawa Recreation Commission Goppert Building, 705 W. 15th, Ottawa, KS.

Sample topics:

- Heart Disease Myths and Facts
- The Downlow on Processed Foods
- Keeping up with Diet Trends