

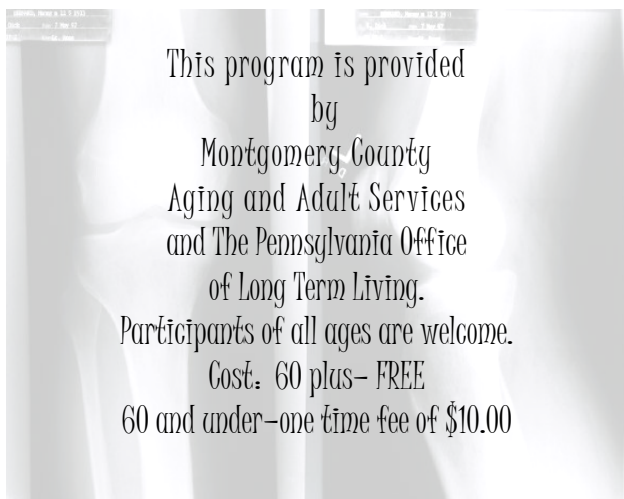
Gourmet Weight Wise Bone Health
Registration

Name _____
Address _____

City _____
State _____ Zip _____
County _____
Date of Birth _____
Phone _____
Email _____

Check which class you will be attending:
 Tues. at 9:15 am OR Fri. at 2:00pm

I will bring a copy of pertinent dietary blood work for more individualized counseling to class (not required)



This program is provided
by
Montgomery County
Aging and Adult Services
and The Pennsylvania Office
of Long Term Living.
Participants of all ages are welcome.
Cost: 60 plus- FREE
60 and under-one time fee of \$10.00

Glucose Testing

1st Thursday, 9:30-10:30

Free service provided by Bayada Nurses. Eat a light, low-sugar breakfast on the testing morning. Call the Front Desk to schedule an appointment.

Blood Pressure Checks

1st Monday, 10:00-11:30 am

Free Blood Pressure checks, provided by the North Penn VNA, in the Generations Health Room.
First come, first serve

Fitness Classes available:

Flexercise, Low & Go, Sit, Stretch, Flex, Tai Chi, Yoga, Balanced Moves, Line Dancing, Toning, Balletone and Zumba
See our newsletter or website for more information.



Where Enjoying Life Is Timeless

259 N. Second St.
Souderton, PA 18964
215.723.5841
www.generationsofiv.org

Monday-Friday, 9:00 am - 4:00 pm
Evenings & Weekends as scheduled

Gourmet Weight Wise:
Promoting Bone Strength Through
Healthy Eating

Attend one or all classes to learn more
about healthy eating habits
with Registered Dietician
Katie Marger, MS, RD, LDN



Generations of Indian Valley
Tuesday, January 24-February 21
9:15 am
OR
Fridays, January 27-February 24
2:00 pm

**Gourmet Weight Wise:
Promoting Bone Strength
Through Healthy Eating**

Program Dates:

Tuesdays: January 24, 31,
Feb. 7, 14, 21

Fridays: January 27,
Feb. 3, 10, 17, 24

SIGN UP TODAY in person, by mail
or by phone
M-F, 9am-4pm
215-723-5841
astover@generationsofiv.org
www.generationsofiv.org

Also available at Generations to help reduce
cardiovascular risk are
these great fitness offerings:

- Flexercise: Mondays and Fridays 9:00am
- Low & Go: Tuesdays and Thursdays 8:15am
- Sit/Stretch/Flex: Tuesdays and
Thursdays 9:00am
- Step Interval: Wednesdays 9:00am
- Tai Chi: Mondays and Fridays 10:30am
- Hatha Yoga: Tuesdays and Thursdays 10:00am
- Balanced Moves: Wednesdays 1:00pm
- Evening Toning: Thursdays 7:00pm
- Balletone: Wednesdays 4:00pm-5:00pm
- COMING SOON: Zumba



**Gourmet Weight
Wise:
Promoting Bone
Strength
Through Healthy
Eating**

During your later years, your bones naturally lose density because of lower levels of estrogen (you too, guys!). The best way to get Calcium and Vitamin D back into your bones is from the foods you eat. It is important to get Vitamin D so your body can better absorb the calcium in your diet. During these five weeks we will show you how to get Calcium/ Vitamin D rich sources into your diet in ways you would never imagine. You will taste foods, sample recipes and learn how to decrease your risk for osteoporosis.

Taught by Registered Dietician,
Katie Marger

Coming soon: "My Plate" –new dietary
guidelines for healthy living