

HAPPY NEW YEAR!

Are you planning to set a New Year resolution or goal? Try these goal setting tips!

- Be specific, but also realistic, when setting your goal
- Find motivation for your goal and frequently remind yourself of the “why?” behind your goal
- Write down your goal (and your motivation too) and keep this posted in a visible location
- Keep a journal of your progress—writing and reflection can be revealing
- Do the best you can; don’t beat yourself up for a bad moment or a bad day—get back on track as soon as you can working towards your goal
- CELEBRATE successes towards reaching your goal!

2018

Fiber & Whole Grains

Learn what foods contain fiber and the benefits of consuming them. Also learn how to identify whole grains vs refined grains, as well as transition from refined to more whole grains in your meals.

Ash Senior Center
700 Carleton-Rockwood, Carleton
Monday, January 8th
12:25 p.m. - 1:00 p.m.

*YMCA
1111 W. Elm Ave., Monroe
Wednesday, January 31st
9:00 a.m. - 11:00 a.m.

*Monroe Co. Opportunity Program
1140 S. Telegraph Rd., Monroe
Wednesday, February 7th
8:30 a.m. - 11:30 a.m.

Monroe Senior Center
15275 S. Dixie Hwy., Monroe
Wednesday, January 10th
11:45 a.m. - 12:30 p.m.

Bedford Senior Center
1653 Samaria Rd., Temperance
Wednesday, January 17th
11:45 a.m. - 12:15 p.m.

Sullivan Senior Citizen Group
13613 Tuttlehill Rd., Milan
Thursday, January 18th
11:45 a.m. - 12:15 p.m.

Dundee Senior Center
284 W. Monroe St., Dundee
Monday, January 22nd
11:30 a.m. - 12:00 p.m.

Water Tower Park Senior Group
11345 Harold Dr., Luna Pier
Thursday, January 25th
11:45 a.m. - 12:15 p.m.



Orchard Senior Center
120 Eastchester St., Monroe
Monday, February 12th
12:00 p.m. - 12:30 p.m.

Frenchtown Senior Center
2786 Vivian Rd., Monroe
Wednesday, February 21st
11:45 a.m. - 12:45 p.m.

Milan Senior Center
45 Neckel Ct., Milan
Monday, February 26th
11:05 a.m. - 11:45 a.m.

Goodwill Training Center
255 N. Telegraph Rd., Monroe
Tuesday, February 6th
10:00 a.m. - 10:45 a.m.

Berlin Senior Center
5676 Carleton Rockwood, S. Rockwood
Tuesday, February 27th
11:15 a.m. - 11:45 a.m.

* These sites will have nutrition information available only.



January Events!

For more info and to pre-register, call 734-240-7800
or email LiveWell_BeWell@monroemi.org

January 10th: Infant CPR, Safety and Care

Time: 5:00-7:00 p.m.
Location: Monroe County Health Dept.
Price: Free! [Please pre-register](#)

January 17th: Mall Walk and Talk

Time: 8:00-10:00 a.m.
Location: Mall of Monroe
Price: Free!

January 17th: Living With Diabetes- Fiber and Whole Grains

Time: 7:00-8:30 p.m.
Location: Monroe Home Care Shoppe
Price: Free!

January 24th: Grocery Store Tour- Shopping Healthy on a Budget!

Time: 2:00-3:00 p.m.
Location: Monroe Meijer
Price: Free! [Please pre-register](#)

January 24th: Adult and Child CPR/AED

Time: 5:00-7:00 p.m.
Location: Monroe County Health Dept.
Price: \$35, (includes American Heart Association workbook & certification card)
[Please pre-register](#)

We hope to see you this month!