

VOLUME 4, ISSUE 5

MAY 2017



Healthy Herald



MAY 2017 EVENTS

Rethink Your Drink Presentations



Sullivan Senior Citizen Group
May 3 @ 11:45 a.m. - 12:15 p.m.

Dundee Senior Center
May 10 @ 11:30 a.m. - 12 p.m.

Goodwill
May 11 @ 9:30 a.m. - 10:30 a.m.

Bedford Senior Center
May 16 @ 11:15 a.m. - 11:45 a.m.

Milan Senior Center
May 24 @ 11:05 a.m. - 11:45 a.m.

Free and Open to the Public!



Mindful Eating Workshop

Where: Monroe County Health Department

When: May 3
6 - 7:30 p.m.

Price: Free (registration required)

Healthy eating is not just about what we eat, but also how we think about what we eat and our relationship to food. Join the Monroe County Health Department's *Live Well. Be Well.* dietitian to learn and explore concepts of mindful eating.

Call 734-240-7800 to register for this month's events!

Infant CPR, Safety and Care	Living With Diabetes	Adult and Child CPR/AED	Grocery Store Tour
WHEN: May 9 5 p.m. - 7 p.m.	WHEN: May 17 7 p.m. - 8:30 p.m.	WHEN: May 23 10 a.m. - 12 p.m.	WHEN: May 31 10 a.m. - 11 a.m.
WHERE: Monroe County Health Dept. 2353 S. Custer	WHERE: Monroe Home Care Shoppe 474 N. Telegraph	WHERE: Monroe County Health Dept. 2353 S. Custer	WHERE: Monroe Meijer 1700 N. Telegraph
COST: Free: Open to anyone 14 years of age and older	COST: Free: This month, join our special guest speaker Suzy Hurley from the Monroe Family YMCA for fun fitness education!	COST: \$25.00: Includes AHA certification valid for 2 years workbook	COST: Free: Follow our LWBW dietitian to learn new ideas for quick & healthy meals!
Registration Required		Registration Required	Registration Required