

Healthy Herald

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Nutrition Label Reading

The nutrition label is changing! Learn what these changes are and key areas on the label that can provide you with valuable info to make healthy choices.

Berlin Senior Center
Tuesday 10/3
11:30 AM—12:30 AM

Frenchtown Senior Center
Wednesday 10/4
11:45 AM—12:45 PM

***YMCA**
Wednesday 10/11
9:00 AM—11:00 AM

Water Tower Park Senior Group
Thursday 10/12
11:45 AM—12:15 PM

***MCOP**
Wednesday 10/18
8:30 AM—11:30 AM

Sullivan Senior Group
Thursday 10/19
11:45 AM—12:15 PM

*These sites will have nutrition information available only

ALL ARE WELCOME!

Healthy
MONROE
LIVE WELL. BE WELL.

OCTOBER EVENTS

CPR Classes

October 12:
Infant CPR, Safety & Care
10:00 AM—12:00 PM
Monroe County Health Department
Free to anyone 14 and older
Space is limited; please pre-register

October 24:
Adult & Child CPR/AED
5:00 PM—7:00 PM
Monroe County Health Department
\$25 cost
(includes AHA card and workbook)
Space is limited; please pre-register

Community Events

October 18:
Mall Walk & Talk
8:00 AM—10:00 AM
The Mall of Monroe

October 18:
**Living With Diabetes—
Fitness Facts**
7:00 PM—8:30 PM
Monroe Home Care Shoppe

October 25:
**Grocery Store Tour
Diabetes**
5:30-6:30 PM
571 E. Monroe St. Dundee

To pre-register for events, call 734-240-7800
or email LiveWell_BeWell@monroemi.org

HALLOWEEN SAFETY

- Plan costumes that are bright and reflective
- Bring glow sticks or flashlights to improve visibility
- Walk on sidewalks or paths when possible
- Slow down and be especially alert when driving
- Put down electronic devices and keep focused
- Instruct your children to stay in familiar, well-lit areas and avoid trick-or-treating alone



Source: National Safety Council ®