



# Healthy Living Education Series for Seniors

## Description

The Healthy Living Education Series for Seniors offers monthly seminars featuring speakers on a variety of topics and provides seniors many opportunities to visit and get to know each other. Topics for the current Healthy Living Education Series for Seniors include: Food Pyramid, Heart Health, Physical Fitness, Memory Loss Prevention, Bone Health, and Local Resources. Various health screenings typically offered in the series include: Balance, Posture, Blood Pressure, Osteoporosis, Injury Prevention, and Diet Regimen.

The Healthy Living Education Series for Seniors is brought to Carver County by a partnership of the Scott-Carver-Dakota CAP Agency, Inc. and Carver County Public Health and is funded under contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program.

## Eligibility

The Healthy Living Education Series for Seniors offers monthly seminars to all Carver County residents age 60 and older.

## Cost

Carver County Seniors can invite guests and attend any or all of the sessions. There is no cost for the program. Donations are accepted.

## Schedule

The dates, times, and locations of each seminar will be publicized through local newspapers, radio stations, cable TV channels and at [www.capagency.org/pdffiles/HLESS\\_Schedule.pdf](http://www.capagency.org/pdffiles/HLESS_Schedule.pdf). Interpreters are available if requested in advance. For more information, please go to [www.capagency.org](http://www.capagency.org) or call the CAP Agency at 952-960-9712.

## Education Series Locations

**Chanhassen:** Summerwood of Chanhassen and the Chanhassen Senior Center

**Chaska:** Auburn Court, Auburn Village, River Gables, and Talheim Apartments

**Norwood Young America:** Peace Villa Apartments and The Harbor

**Waconia:** Westview Acres

**Watertown:** Elim Home

## Contact Information

For more detailed information about the Healthy Living Education Series for Seniors, please contact Jillian Barth Means, Health Educator, in the CAP Agency Chaska office at 952-960-9712 or [jbarth@capagency.org](mailto:jbarth@capagency.org).

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