

Adult Health and Wellness Class Descriptions

All of our adult **Health and Wellness** and **Healthy Aging** classes are presented with current, research-based curricula.

Our **Health and Wellness** classes are offered in English or Spanish and are available as a series. The series can be a minimum of 3 lessons or up to all 7 lesson topics offered. Each class ranges in duration from 60-90 minutes. The lessons are adapted from the *Eating Smart*Being Active* curriculum from Colorado State University. Each lesson contains a physical activity component for participants in addition to the nutrition message.



Get Moving!: Participants learn the importance of being physically active on a daily basis, exercises they can do at home, and that almost everyone can be active.

Plan, Shop, Save: Participants learn valuable tips on saving time and money while grocery shopping.

Fruits & Veggies: A lesson on why consuming fruits and vegetables are good for health, tips on how to increase fruit and vegetable consumption and how to save money when buying produce.

Half Your Grains: Participants learn why whole grains provide benefits to health, the nutritional difference between whole grains and refined grains, what to look for on a nutrition label when purchasing grain foods, and tips on how to increase whole grain consumption.

Build Strong Bones: A lesson on the importance of getting adequate calcium in the diet, which foods are high in calcium, and how much calcium is needed for bone health.

Go Lean with Protein: Participants learn tips on choosing healthy protein foods, how to cook protein foods safely, why protein is essential for health, and how much is needed.

Make a Change: Participants learn the affect that diets high in sugar, fat, and sodium have on health, suggestions on how to reduce sugar, fat, and sodium in their own diets, and tips on selecting healthy food options when eating at restaurants.

Healthy Aging Classes

Eating Well BINGO: a 5-class series which allows participants to have fun playing BINGO while learning valuable tips on staying healthy.

Master of Memory: A 6-class series on how memory works, various factors that affect memory, and how to improve it.



Call 360.428.4270 ext 239
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To schedule a class

