

# Educational Program Fair

Thursday, March 25

## Informative Workshops & A Light Dinner

LOCATED AT THE DEKALB CO. OFFICE BUILDING (Basement)  
215 East 9th Street • Auburn, Indiana

Call to secure your reservation at (260) 925-2562



### Healthy Meal Makeovers (5:00)

If your goal is to prepare and eat healthier meals, but you love your "old standby" meals and recipes, this class is for you. You will learn how to convert your favorite meals to fit into a healthy eating plan without sacrificing the flavors you love. The taste testing portion of the program will let you see for yourself. \$2.00 donation accepted.

Instructor: Janeen Longfellow (Noble Co.)



### Technology & You (5:00)

MySpace, Facebook, YouTube, blogging, instant messaging, text messaging, iPod... what are the kids talking about? It seems it is almost impossible to stay informed of today's gadgets and gizmos. This program will give you a brief overview of some of the ways you can connect with the world using modern technology.

Instructor: Cindy Barnett (Whitley Co.)



### Use It Or Lose It (7:00)

One of the best ways to fight the weakness and frailty that can come with age is through strength training and aerobic exercise. Strength training and exercise helps reduce the symptoms of many diseases and chronic conditions, can help a person's mental and emotional health, boost self-confidence, and can create better sleep. Come join us and make the best of growing older by learning some new ways to build strength and confidence. Many of these exercises can be done seated in a chair.

Instructor: Ann Williams (DeKalb Co.)



### Food Labels & You (7:00)

You want to eat the right foods to maintain a healthy lifestyle. You try to read the labels on the packaging, but they seem so confusing! This class will help you gain an understanding of what is on a food label, why the label information is important to you, and how the label can help you in making good choices when selecting your food purchases.

Instructor: Inger Friend (Steuben Co.)

WHEN CALLING IN YOUR RESERVATION, be sure to indicate which 5:00 session and which 7:00 session you wish to attend.

A light meal will be served between sessions at 6:00 pm (freewill donation will be accepted).