



FRESH CONVERSATIONS



Who can attend Fresh Conversations?

Any Kansan 60 years-old or older can participate in Fresh Conversations meetings, especially those who are interested in positively transforming their personal health! Not 60+ but you still want to get involved? Fresh Conversations is always looking for volunteers to help lead our meetings.

Contact:

Lea Kay Karleskint
Lkarleskint@ksu.edu
620-224-0182

Beginning November 5th, we will be meeting the 1st Tuesday of each month at 11:00 AM for 9 consecutive months at the Toronto Senior Center. 310 W. Main, Toronto KS

What is *Fresh Conversations*?

Fresh Conversations provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

We are offering *Fresh Conversations* through in-person meetings. Contact us today to find a *Fresh Conversations* meeting in your area!

Sample topics:

- The Sunshine Vitamin & the connection with Depression
- The connection between Diet, Exercise and sleep

This is a FREE program and ALL are welcome