



FRESH

CONVERSATIONS



Fresh Conversations is a free nutrition and physical education program for ages 60+. The program 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! Fresh Conversations is also an opportunity to connect with other adults for a friendly group discussion!

Jasper County
Nutrition Service
641-792-7102

Fresh Conversations is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.

This Month's Conversations

- Whole Food in a Processed World
- Keep Moving Interesting
- Try a tasty recipe!

You Are Invited

Wednesday,

April 10th

at 12:30 p.m.

The Gathering Place

113 S. Monroe St,

Monroe, IA



Call 2-1-1 for food resources near you.

For more information on Fresh Conversations, contact the Iowa Department of Public Health at (515)782-9451