

SeniorsPlus Mobile Office Presents:

Healthy Eating with Maine Produce

The SeniorsPlus Mobile Office is on the road again! Our featured presentation for March and April will focus on healthy eating, and the start of the Maine Senior Farm Share program. Staff members from Healthy Community Coalition, Healthy Androscoggin and The University of Maine's Cooperative Extension will talk about nutrition and healthy cooking with fruits and vegetables. This is a great opportunity to learn what you can do with the fruit and vegetables in the new farm season!

We will have information on the FarmShare Program including what it is, how it can benefit you, where you can apply and your local participating farms. We will also have staff available to answer questions, provide resources, and meet one on one to discuss Medicare concerns. Staff members from the Department of Health and Human Services, Legal Services for the Elderly and Androscoggin Home Care and Hospice will also be with us at various locations.

Refreshments will be served.
Come join us!

For more information, contact us:

1-800-427-1241

www.seniorsplus.org

8 Falcon Rd., Lewiston

March & April 2010

Phillips Shadagee Senior Housing,

Seward Street

Date: March 3

Time: 11:30am to 1:00pm

Presenter: Lorri Brown from Healthy
Community Coalition

Lisbon MTM Center,

18 School Street

Date: March 5

Time: 11:00am to 1:00pm

Presenter: Eric Thoreson from The
University of Maine's Cooperative
Extension's Eat Well Nutrition
Education Program

Leeds Town Office,

8 Community Drive

Date: March 9

Time: 10:00am to 12:00pm

Presenter: Eric Thoreson from The
University of Maine's Cooperative
Extension's Eat Well Nutrition
Education Program

Farmington Old South Church,

227 Main Street

Date: March 11

Time: 11:00am to 1:00pm

Presenter: Lorri Brown from Healthy
Community Coalition

Fryeburg American Legion,

14 Bradley Street

Date: March 17

Time: 11:00am to 1:00pm

Presenter: Karen Toohey from The
University of Maine's Cooperative
Extension's Eat Well Nutrition
Education Program

Norway Town Hall,

19 Danforth Street

Date: March 19

Time: 10:00am to 12:00pm

Presenter: Karen Toohey from The
University of Maine's Cooperative
Extension's Eat Well Nutrition
Education Program

Turner Leavitt Institute Building Community Room,

98 Matthews Way

Date: March 23

Time: 10:00am to 12:00pm

Presenter: Marion Browning from
Healthy Androscoggin

Wilton Town Office,

158 Weld Road

Date: March 25

Time: 11:00am to 1:00pm

Presenter: Lorri Brown from Healthy
Community Coalition.

Rumford Community Center,

50 Congress Street

Date: March 31

Time: 9:30am to 11:30am

Presenter: Karen Toohey from The
University of Maine's Cooperative
Extension's Eat Well Nutrition
Education Program.

Bethel House Senior Housing,

56 Main Street

Date: April 1

Time: 11:00am to 1:00pm

Presenter: Karen Toohey from The
University of Maine's Cooperative
Extension's Eat Well Nutrition
Education Program

Rangeley Senior Townhouse Apts,

14 School Street

Date: April 6

Time: 11:00am to 12:30pm

Presenter: Lorri Brown from Healthy
Community Coalition.

Kingfield Town Office,

38 School Street

Date: April 13

Time: 11:30am to 1:00pm

Presenter: Lorri Brown from Healthy
Community Coalition.