



## VENTURA COUNTY AREA AGENCY ON AGING

### CalFresh Healthy Living Class Schedule *(formerly known as SNAP-Ed)*

Curriculum	Site	Date/Time
Eat Healthy Be Active Community Workshop: Eating Healthy on a Budget	Buena Vida Apartments 9050 Telephone Rd Ventura, CA 93001	May 7, 2019 1:00-2:00pm
	Vista del Monte Apartments 2400 N Ventura Ave Ventura, CA 93001	May 7, 2019 2:30-3:30pm
	Gregory Gardens Apartments 9620 Telephone Rd Ventura, CA 93004	May 14, 2019 11:30am-12:30pm
	Johnson Apartments 1055 Johnson Dr Ventura, CA 93003	May 14, 2019 1:00-2:00pm
	Mission Park Apartments 66 S. Ventura Ave Ventura, CA 93001	May 28, 2019 11:30am-12:30pm
	The Palms (Vista Del Mar) 137 S. Palm St Ventura CA, 93001	May 28, 2019 1:00pm-2:00pm
Tai Chi: Moving for Better Balance	Fillmore Active Adult Center 533 Santa Clara St Fillmore, CA 93015	April 8-June 26, 2019 Mondays and Wednesdays 12:30-2:00pm

### **CalFresh Healthy Living**

The CalFresh Healthy Living program provides evidence-based nutrition and physical education for older adults age 60 and older at eligible Title IIIC congregate nutrition sites and other venues. Program activities are designed to help participants adopt healthy food choices within a limited budget and incorporate active lifestyles that promote good health.

#### **EVIDENCE-BASED PROGRAMS:**

##### **Eat Smart, Live Strong**

Eat Smart, Live Strong is designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60- to 74-year-olds. The program consists of four weekly sessions designed to help older adults adopt two key behaviors that will improve their health and quality of life:

- Eat at least 1½ cups of fruits and 2 cups of vegetables every day.
- Participate in at least 30 minutes of physical activity most days.

##### **Eat Healthy, Be Active Community Workshops**

The Eat Healthy, Be Active community workshops are based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. Single session community workshops include:

- Enjoy Healthy Food Choices That Taste Great
- Quick, Healthy Meals and Snacks
- Eating Healthy on a Budget
- Tips for Losing Weight and Keeping It Off
- Making Healthy Eating Part of Your Lifestyle
- Physical Activity is Key to Living Well

##### **Matter of Balance (MOB) (Maine Health)**

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change environment to reduce fall risk factors, and exercise to increase strength and balance. Includes eight 2-hour sessions of 8-12 participants. Structured group intervention activities, group discussion, problem solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training.

##### **Walk With Ease (Arthritis Foundation)**

Community-based PA and self-management education program. Includes health education, stretching and strengthening exercises, and motivational strategies. Can be done by individuals using Walk with Ease workbook on their own, or by groups led by trained leaders. Structured 6-week multi-component program. Group sessions include socialization time, pre-walk informational mini lectures, warm ups and cool downs, and a 10- to 35-minute walking period.

##### **Tai Chi: Moving for Better Balance**

Moving for Better Balance includes Tai Chi forms that emphasize weight shifting, postural alignment, and coordinated movements. Synchronized breathing that is aligned with Tai Chi movements is also integrated into the routine. Each session includes new movements and review of movements from previous sessions. Each session incorporates musical accompaniment.