



VENTURA COUNTY AREA AGENCY ON AGING

SNAP-Ed Class Schedule

Curriculum	Site	Date/Time
Eat Smart Live Strong	Camino Esperanza Senior Apartments 1384 Katherine Rd. Simi Valley, CA, 93063	<u>4 Session Class Series</u> Session 1: January 7, 2019 11:00am-12:00pm Session 2: January 14, 2019 11:00am-12:00pm Session 3: January 28, 2019 11:00am-12:00pm Session 4: February 4, 2019 11:00am-12:00pm
Walk with Ease	Vista del Monte 2400 N Ventura Ave # 10, Ventura, CA 93001	January 23 - March 8 9:30-11am M/W/F
Eat Healthy Be Active Community Workshop: Eating Healthy on a Budget	Gregory Gardens Apartments 9620 Telephone Rd. Ventura, CA, 93004	January 15, 2019 2:00-3:00pm
Eat Smart Live Strong	South Oxnard Senior Center 200 E. Bard Rd. Oxnard,CA,93033	<u>4 Session Class Series</u> Session 1: January 29, 2019 10:00-11:00am Session 2: February 5, 2019 10:00-11:00am Session 3: February 12, 2019 10:00-11:00am Session 4: February 19, 2019 10:00-11:00am
Matter of Balance	The Palms (Vista Del Mar) 137 S. Palm St. Ventura CA, 93001	March 4 – April 22, 9-11am Mondays



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SNAP-Ed

The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) program provides evidence-based nutrition and physical education for older adults age 60 and older at eligible Title IIIIC congregate nutrition sites and other venues. SNAP-Ed 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, 60-74 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 10-35 minute walking period.