



FOR IMMEDIATE RELEASE
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Westside Community Center Hosts 5-week Healthy Aging Program

New Braunfels, TX — Growing older is the natural course of life for all of us. While some may prefer to wing it, for those who'd like more guidance there will be a 5-session program beginning Monday, April 8th, at the Westside Community Center, located at 2932 S. IH-35 Frontage Rd.

'Be Well, Live Well: A Program on Healthy Aging' aims to teach its attendees how to reduce their risk for disease and engage in a healthy lifestyle. Connie Sheppard, of the Texas A&M AgriLife Extension Service in Comal County, will lead the series, which will be held from 1:30 to 2:45 p.m. on April 8th, 15th, 22nd, 29th and May 6th.

Each session will include a food demonstration. Topics include:

- **Be Independent, Eat Well:** Learn which nutrients you need more of as you age and how to support cognition through food
- **Be Able, Read the Label:** Find out how to use the nutrition facts label as a tool to help you maintain a healthy eating pattern
- **Be Safe, Eat Safe:** Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices and more
- **Be Creative, Plan Meals:** Find solutions to eating alone and learn how to plan meals for small households
- **Be Fit, Move More:** Learn the benefits of physical activity as you age and get idea to include physical activity in your daily life

Registration for this program can be completed online at <https://nbtexas.libcal.com/event/5186640>.

For more information about Be Well, Live Well or to register by phone, call the Westside Community Center at 830-221-4630.

Texas A&M AgriLife Extension Service in Comal County aims to educate residents in agriculture, environmental stewardship, family and consumer sciences, health, youth and adult life skills, human capital and leadership, and community economic development. For more information visit <https://comal.agrilife.org/>.

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