



**Yuma County Cooperative Extension & Yuma County Libraries
Presents**

Healthy Living Series



This series of workshops discusses food, our relationship with food, healthy eating patterns and how other aspects of our daily lives can impact our food choices. Hope to see you there.

Healthy Eating Patterns: Discussion of nutrients that the body needs to be well and that how you can go about eating to achieve a healthy body can look different. Three different healthy eating patterns are reviewed. **January 10, 2020**

Physical Activity for Good Health: Nutrition is only one part to keeping good well-being. This workshop will discuss the benefits of physical activity and what physical activity can look like. Participants will get ideas of simple ways to increase activity. **January 24, 2020**

Tracking Your Health: This workshop is a discussion of how to track health and how it can help bring about awareness of how feelings, activities, and foods that you eat. **February 14, 2020**

Sleep for Good Health: Exploring how sleep is important for the body. **February 21, 2020**

Stress, Emotions, and Eating: Stress and emotions can have an impact on our lives in many ways. This workshop explores how emotions and stress play into food and even activity choices. The workshop will also cover ways to reduce stress. **February 28, 2020**

Presented By: Melissa Wyatt, Area Assistant Agent in Family, Consumer, & Health Sciences

All sessions are held at:
Yuma County- Main Library 2951 S. 21st Dr. Yuma, AZ 85364
Time: **4:00 PM**
Where: **Meeting Room C**

Please register for the Series by calling the Cooperative Extension Office at (928)726-3904

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Extension & Economic Development, Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension, The University of Arizona.

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