

LIVING WELL

A monthly online healthy lifestyles
support & discussion group

**Presented by Rutgers Cooperative
Extension of Hunterdon County Dept. of
Family & Community Health Sciences**

- LIVE A HEALTHIER LIFE EVERY DAY!
- PREVENT AND MANAGE CHRONIC DISEASE!
- FACILITATED BY A REGISTERED DIETITIAN-CERTIFIED LIFESTYLE COACH

**SESSIONS MEET:
1st THURSDAY OF THE
MONTH AT 5 PM ON ZOOM**

**UPCOMING DATES:
Jan. 4, Feb. 1, March 7**



SHARE TIPS FOR:

1

**Healthy and
enjoyable eating!**

2

**Healthy cooking
and recipes!**

3

Mindful eating!

4

**Being more
active!**

5

**Goal setting &
action planning!**

6

**Managing
stress!**

7

**Improving
sleep!**