

# Healthy Habits

*Empowering Older Adults to Live Healthier, Happier Lives*

Healthy Habits is a 10-session wellness series designed for adults 50+ that focuses on building healthier lifestyles through practical education on nutrition, physical activity, and overall well-being. The program provides interactive lessons, group discussion, and guidance on making sustainable, healthy choices, sometimes including a nutritious lunch as part of the experience. By combining social engagement with evidence-based health information, Healthy Habits helps older adults improve their daily routines, manage wellness goals, and enhance their overall quality of life.



## Sessions include:

- Eating the Rainbow
- Whole Grains
- The Power of Fiber
- Protein
- Dairy Foods
- Eating Healthy on a Budget
- Limiting Sugar in Your Diet
- Fluids: Tips to Stay Hydrated and Make Healthy Beverage Choices
- Reducing Fat in Your Diet
- Shake the Salt Habit

Participants sustained benefits even 6 months after the program.

Significant improvements were seen for:



Health of  
overall diet



Daily fruit  
consumption



Daily  
fluid intake



Skipping  
meals less



Confidence to  
eat healthier

“ I really enjoy coming. I like the fact that they have the PowerPoint presentation available. I also like that there are samples provided and something new to try each time. It keeps me engaged. And I like hearing other people’s perspectives. **This class makes you focus more on how you can fix your own diet and gives you all of the necessary information to do so.** I appreciate that it’s specifically tailored to older adults like me. 🙌

- Lola, Healthy Habits Participant

“ It’s been very helpful, I’ve really enjoyed the class. It’s always good to get out and hear other people’s experiences and have discussions on food and healthy eating, and I like that. **I had read food labels before this, but with this class, it’s more in-depth, and about reading them in their entirety. I feel like I understand more about what I’m reading now, and can approach it more confidently.** It’s really been good for me. 🙌

- Sharon, Healthy Habits Participant

For more information about Healthy Habits, please contact Pam Harden at [pharden@oasisnet.org](mailto:pharden@oasisnet.org) or (314) 687-1127.

