

# Healthy Roots

*Living Well in Sacopee Valley*

## Schedule

**FREE!**

April 14 5:30pm – 7pm	Open House Welcome to our new Meeting Room Introduction to the Healthy Roots Program
May 12 10am – 11:30am	Eating Well on a Budget Barbara Smith, M.S., R.D., L.D., C.D.E.
June 9 10am – 11:30am	Physical Activity in the Home Donna Burke, M.S., April Clark, L.C.S.W
July 14 10am – 11:30am	Fats: The Good, The Bad, The Ugly <b>Karen Toohey, Cooperative Extension</b>
August 11 10am – 11:30am	Taking a Bite Out of Stress <b>Donna Burke, M.S., April Clark, L.C.S.W</b>
September 8 10am – 11:30am	Setting Yourself Up: Humor as the First Goal <b>Donna Burke, M.S., April Clark, L.C.S.W</b>
October 13 10am – 11:30am	Living On a Budget <b>Steve Veazey, Oxford Hills SCORE</b>
November 10 10am – 11:30am	Moving to Improve Your Mood <b>Donna Burke, M.S., April Clark, L.C.S.W</b>

Join us at 49 Summer Street, Porter.

**PRIZE  
Drawings!**

To reserve a space, call Donna Burke at 625-8129 x 116

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Sacopee Valley Health Center • 70 Main Street, Porter, Maine  
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