



# FRESH CONVERSATIONS



### **Who can attend Fresh Conversations?**

Any Kansan 60 years-old or older can participate in Fresh Conversations meetings, especially those who are interested in positively transforming their personal health! Not 60+ but you still want to get involved? Fresh Conversations is always looking for volunteers to help lead our meetings.

### **Contact:**

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Beginning November 19th, we will be meeting the 3rd Tuesday of each month at 1:00 pm for 9 consecutive months at the Fort Scott Housing Authority Community Room.  
315 Scott Ave., Fort Scott, KS

## **What is *Fresh Conversations*?**

*Fresh Conversations* provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

*Fresh Conversations* is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

We are offering *Fresh Conversations* through in-person meetings. Contact us today to find a *Fresh Conversations* meeting in your area!

### **Sample topics:**

- The Sunshine Vitamin & the connection with Depression
- The connection between Diet, Exercise and sleep

**This is a FREE program and ALL are welcome**