



801 E. Front Street, Traverse City, Michigan 49686

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FOR IMMEDIATE RELEASE

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Subject: Healthy Eating Group

Traverse City – While ice cream might be up there on the list of foods to eat when you are feeling down or depressed, real comfort food comes from a healthier place. In fact, people who eat fruits, vegetables, nuts, and fish have a lower incidence of depression than those who eat sweets, according to a new study. Changing your nutritional regimen to a healthier one can assist in brain function and a better frame of mind.

To learn how specific foods and nutrients support healthy moods, calm anxiety, boost energy and balance hormones, join registered dietitian Carol Bell for a discussion on healthy eating at the Traverse City Senior Center, 801 E. Front Street, on Monday, October 16, 6:30 p.m. Bell earned a master's degree in Dietetics and Nutrition from Eastern Michigan University. Her consulting practice in Traverse City is called Nutrition and Body Dynamics.

Each month the group explores a topic related to reducing inflammation, healthy weight strategies, eliminating pain, improving digestion and balancing hormones. In this class, Bell will discuss a variety of natural foods and how they can make a world of difference in brain function, benefitting cognition, memory, mood, and feelings of well-being. Take beets for instance, they are one of many foods that have a beneficial effect on brain function, due to their high nitrate content.

Food demonstrations and tastings are included in the group discussions. You will leave with an awareness of how small, simple adjustments to food and lifestyle routines can make an impact on your energy and body health.

The cost is \$5 for each event and advance registration is required. For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.