This year’s Harvest of Holiday Program will provide lots of interaction and teach you about strategies to help keep your brain active through your lifespan.

It will help you understand how memory works, identify ways to improve memory and pinpoint things in everyday life that may affect memory.

Many people believe that memory loss and aging go hand-in-hand: as a person gets older his or her memory begins to fail. While some change may be expected as you age, that doesn’t mean you can’t do something about it, in the absence of a brain disease, such as Alzheimer’s Disease — you can be proactive in using some strategies and lifestyle adaptations.

The Cost of the program will be $5.00 per person.

There will be food and drinks for you to try and some door prizes. Nothing BIG!

**Come to our Harvest of Holidays Program**

**Cheyenne Co.** — November 30 at 6:00 p.m. (c.t.) at the CSM Event Room, 214 West Washington Street, St. Francis.

**Sherman Co.** — December 7 at 5:30 p.m. (m.t.) at the Sherman County Public Library.

**Wallace Co.** — December 14 at 6:00 p.m. (m.t.) at the Sunflower Extension District office.

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**Healthy Eating**

Don’t let a busy day keep you from eating healthy food. It’s quick and easy to make meals that are good for you and won’t take a bite out of your time or wallet.

**Avoid the fast-food trap.**

- Many fast foods are high in salt, fat and sugar.
- Super-sized portions pile on the calories.
- This can lead to health problems such as weight gain, high blood pressure, heart disease and type 2 diabetes.

**Healthy meals don’t have to take time.**

- Use prewashed veggies and salad greens.
- Try frozen fruits and vegetables.
- Cook grains like brown rice, oatmeal or quinoa ahead and store in the freezer.
- A microwave is good for quick defrosting or heating.

**Cook in large batches when you can.**

- Once a week make a large pot of soup, stew or chili.
- Double recipes and freeze some for future meals.
- Throw a few ingredients in a crockpot in the morning. When you get home, dinner is waiting!

**Carry your own reusable water bottle.**

**Keep healthy snacks handy.**

**Pack healthy lunches the night before.**

**Find healthy places to eat on the go.**

**To save time and money, plan a weekly menu.**

- Make tacos on Tuesdays or pasta every Friday.
- Shop once a week for the ingredients you need.
- When hunger strikes you’ll be ready.