

2026

FREE NUTRITION EDUCATION FOR SENIORS



Presented by Angela Lang, Registered Dietitian

How Carbs Support Your Health

Discover why carbohydrates are essential for energy, brain function, and overall health. Learn how to choose the right types of carbs to support your mood, metabolism, and long-term wellness.

February 6 | 12 – 1 p.m.
Havre de Grace Activity Center

February 11 | 1 – 2 p.m.
McFaul Activity Center

February 11 | 11 a.m. – 12 p.m.
Fallston Activity Center

February 25 | 11 a.m. – 12 p.m.
Edgewood Activity Center

Nutrition Around the World

Travel the globe through food as you explore traditional diets and cultural approaches to healthy eating. Learn how diverse cuisines support wellness and discover new ways to bring balance and flavor to your meals.

May 8 | 12 – 1 p.m.
Havre de Grace Activity Ctr

May 6 | 1 – 2 p.m.
McFaul Activity Center

May 6 | 11 a.m. – 12 p.m.
Fallston Activity Center

May 27 | 11 a.m. – 12 p.m.
Edgewood Activity Center

Eating Out Wisely

Learn how to decode menu descriptions and identify hidden ingredients that can transform a seemingly healthy meal into an unhealthy one. We'll share practical tips for navigating dining out while maintaining your nutritional goals.

September 4 | 12 – 1 p.m.
Havre de Grace Activity Center

September 9 | 1 – 2 p.m.
McFaul Activity Center

September 9 | 11 a.m. – 12 p.m.
Fallston Activity Center

September 23 | 11 a.m. – 12 p.m.
Edgewood Activity Center

Adapting Recipes to Fit Your Own Health Journey

Identify strategies for adjusting recipes to promote weight goals, as well as fitting meals for heart health, diabetes, and other conditions. Learn effective techniques to lower sodium content while maintaining flavor.

November 6 | 12 – 1 p.m.
Havre de Grace Activity Center

November 13 | 1 – 2 p.m.
McFaul Activity Center

November 13 | 11 a.m. – 12 p.m.
Fallston Activity Center

November 18 | 11 a.m. – 12 p.m.
Edgewood Activity Center

Registration is required no later than one week prior to the program in person or by calling the center.

Edgewood: 410-612-1622 • Fallston: 410-638-3260 • Havre de Grace: 410-939-5121 • McFaul: 410-638-4040

Participants must be 55 or over and a member of the Harford County Senior Activity Centers. Membership is free – see center to join.



BOB CASSILLY

Harford County Executive

BARBARA W. RICHARDSON

Director, Housing and Community Services

**Harford County Housing and Community Services
Office on Aging**

www.harfordcountymd.gov/services 410.638.3025