

Elevate LIFE

A series of lessons aimed at improving physical activity and helping people to attain a health promoting lifestyle. Each topic covered focuses on changes in eating and exercise behaviors to promote healthier outcomes.

Thursday, February 22, 2024

Oaks at Durkeeville

11:00am



AGAPE
FAMILY HEALTH

Series facilitated by
Samara Purvis
Healthy & Wellness Agent
University of Florida IFAS Extension
Duval County
sdeary@ufl.edu
904-255-7450



Healthy Lifestyle/ Self Concept

Indicators of good health
The benefits of Walking
Incorporating a daily active walking plan.



MyPlate and Building Activity Into Your Life

Build activity into your life.
The Buddy System
Simple ways to incorporate physical activity .
Compare MyPlate recommendations to your meals.



Food Labels & Stress Management

Learn to use food labels when shopping.
Techniques to reduce stress and relax.



Healthy Cooking and Eating Out

Learn to use food labels when shopping.
Remix Recipes
Make wise restaurant and menu selections
when dining out.

Elevate LIFE

A series of lessons aimed at improving physical activity and helping people to attain a health promoting lifestyle. Each topic covered focuses on changes in eating and exercise behaviors to promote healthier outcomes.

Oaks at Durkeeville
11:00am



AGAPE
FAMILY HEALTH

Series facilitated by
Samara Purvis
Healthy & Wellness Agent
University of Florida IFAS Extension
Duval County
sdeary@ufl.edu
904-255-7450



February 22@11:00 a.m.

Healthy Lifestyle/ Self Concept

Indicators of good health
The benefits of Walking
Incorporating a daily active walking plan.



March 19@11:00 a.m.

MyPlate and Building Activity Into Your Life

Build activity into your life.
The Buddy System
Simple ways to incorporate physical activity .
Compare MyPlate recommendations to your meals.



April 16@11:00 a.m.

Food Labels & Stress Management

Learn to use food labels when shopping.
Techniques to reduce stress and relax.



May 21@11:00 a.m.

Healthy Cooking and Eating Out

Learn to use food labels when shopping.
Remix Recipes
Make wise restaurant and menu selections
when dining out.

