

YOUR HOSTS

Scott Valley Focus | Scott Valley Family Resource Center | Valley Oaks Community Center | SiskiyouNews.com



Join us every third Monday each month for an evening of news about community services, events, and local organizations.

STOP! LOOK & LISTEN

Community Helpers Talk Series

Nov. 18, Monday | 6-7:30 pm | A Free Event | Refreshments Served
Valley Oaks Community Center, Quartz Valley Road, Greenview

FEATURED TOPIC

GROWING OLD, ACTIVE & HEALTHY



www.cdss.ca.gov/calfresh

Healthy foods and eating habits are important at any age. However, as we grow older, our needs change. Michelle will explain how the Center for Healthy Communities implements CalFresh Healthy Living for older adults who are CalFresh eligible by providing education and building partnerships to help older adults lead an active and healthy lifestyle.

Michelle Harris is a Project Director for Center for Healthy Communities, and a Registered Dietitian with nutrition science. Her background is in nutrition education, food security, policy, system, and environmental change.

OTHER TOPICS

Quilting & Cooking with Compassion

Scott Valley Quilters / Loaves & Fishes - Michele Estrada

Scott Valley Grange 2024 - The new old place to gather

Scott Valley Grange #386 - Alan Kramer & Audra Mylan

Calling All Arts! Marble Rim Gallery News

Scott Valley Creative Arts Guild - Cora Brownell



Stop! Look & Listen Community Helpers Talk Series is a project of Scott Valley Focus.

Interested in presenting? Contact us at info@scottvalleyfocus.com or call us at 530-467-5548,

Visit us online at scottvalleyfocus.com and [facebook/scottvalleyfocus](https://facebook.com/scottvalleyfocus)