



Join Us for this **FREE** Event!



Dine & Discover

Hosted by the **Chisago Age Well Coalition**

with the assistance of a Title III grant from the Central Minnesota Council on Aging as part of the Older Americans Act

Self-Care as We Grow Older: Practical Pointers for Food and Exercise



Sarah Pramann, RDN,
LD Chisago County
Public Health



Dr. Carol Mueller-Leavitt, DP, DPT
M Health Fairview

For older adults and caregivers

Thursday, Feb. 12, 2026

What can we do to help ourselves stay strong and healthy as we grow older? Doctor of Physical Therapy Carol Mueller-Leavitt is dedicated to helping individuals build confidence in their bodies. She will provide practical ways to keep your body strong and flexible. Also speaking is Registered Dietician Nutritionist Sarah Pramann who believes in the healing power of food, and the benefits of whole foods and a plant-based diet. She will share simple, healthy meal ideas for older adults.

(Check-in begins 30 minutes before each session.)

9 am - Chisago County Senior Center, 38790 Sixth Ave., North Branch

Light breakfast served

12 noon - Zion Lutheran Church, 28005 Old Towne Rd., Chisago City

Light lunch served.

3:30 pm - Rush City Community Center, 720 W 14th St, Rush City

Afternoon appetizers served

Registration requested by Friday, Feb. 6. Call 651-674-1025.
To register online: Go to North Branch Community Education, choose Senior Offerings, and scroll to Dine & Discover.

