

CalFresh Healthy Living (CFHL)  
Supplemental Nutrition Assistance Program- Education (SNAP-Ed)

The Stanislaus County Area Agency on Aging sub-contracts with [Healthy Aging Association](#) to provide CFHL nutrition and education programs to qualifying older adults, aged 60 and over.

The following programs are offered in Stanislaus County:

**-Young at Heart-** An evidence-based strength training class for older adults aged 60 and over, to reduce the risk of falling, improve function, and help maintain independence.

**-Go Green for Seniors Green Bag Program-** Distribution of fresh fruits and vegetables to income qualifying older adults at 6 sites throughout Stanislaus County who participate in a SNAP-Ed nutrition presentation.

**-Line Dancing-** An evidence-based fitness program for older adults aged 60 and over, designed to improve strength and muscle function, increase balance and flexibility, as well as improve cardiovascular health. Classes include a SNAP-Ed nutrition presentation with healthy food samples.

Please contact the **Senior Information Line** for more information: **209-558-8698**.