



# HAVING THE HEART TO IMPROVE RESIDENT HEALTH

Introducing Four Course Living  
residential staff classes



**FOUR-COURSE LIVING**

**NUTRITION • SAFETY • PLANNING • PREP**

*Essential ingredients for independence*

For many individuals with disability, their opportunity to improve nutrition and take advantage of healthier meal options is dependent upon their residential or day service providers. But as a staff member, you understand how difficult it can be to manage your residents' expectations while finding ways to get them actively involved in meal planning and preparation. To meet this longstanding need, Four Course Living is pleased to offer its residential staff classes.

## Class Topics:

Basic Nutrition

Putting Basic Nutrition into Practice

Facilitating Buy-In from Your Population

## Skills Taught:

Through these courses, staff members will gain a better grasp on basic nutrition and discover ways to go from couponing to grocery shopping to meal planning seamlessly. Attendees will learn about portion control, choosing among healthy options, and integrating individuals with disability into their meal planning and preparation process.

## Attendance Details:

Attendance is available to residential and day-service staff for \$5 per class, which includes the cost of all food, materials and handouts used. Staff classes will be held on the **third Thursday of the month from 10:30 to 11:30 a.m. beginning September 17, 2015.**

In addition to attending these residential staff classes, staff members are encouraged to participate in our cooking classes with members of their population. This is a great way to foster cooperation and care, and provide staff members with an understanding of how to help individuals with disability become more independent in the kitchen. Staff members may attend cooking classes free of charge, but should notify Four Course Living prior to attendance to ensure availability.

Call **913.526.4062** for details on upcoming classes or to get registered!

*Ask about attending Sample Day, an opportunity for agency directors, targeted case managers, and other care professionals to enjoy food samples and learn more about the benefits of Four Course Living!*