



**QUINCY COLLEGE**  
PLYMOUTH, QUINCY & ONLINE  
FOCUSED ON TEACHING & LEARNING, ONE STUDENT AT A TIME

**Kit Clark**  
*Senior*  
**Services**  
A division of  
Bay Cove Human Services

**For Immediate Release: August 8, 2016**

**Contact:**

Taggart Boyle, Quincy College, 617-984-1771, [tboyle@quincycollege.edu](mailto:tboyle@quincycollege.edu)  
Katy Spencer Johnson, Quincy College, 617-984-1759, [kjohnson@quincycollege.edu](mailto:kjohnson@quincycollege.edu)  
Josh Wardrop, Kit Clark Senior Services, 617-371-3047, [jwardrop@baycove.org](mailto:jwardrop@baycove.org)

## **Community invited to participate in "Eat Smart" Free Nutrition Courses offered by Kit Clark Senior Services and Quincy College**

**Social Media Release (140 Characters):** @QuincyCollege, @KitClarkSenior offer FREE #nutrition classes for #seniors in August; explore healthy habits & more! <http://bit.ly/2arbfv5>

**Quincy, MA (8/8/16)** - Quincy College and Kit Clark Senior Services, a division of Bay Cove Human Services, will offer three free Eat Smart nutrition classes during the month of August at the Quincy College Campus conveniently located and accessible in Quincy Center across from the Quincy Center Red Line T Station. The non-credit classes will take place in the Lower Level Conference Room at 1250 Hancock Street, Quincy, MA from 11:00am to 12:30pm. Classes will be offered to those 55 years old and older.

The courses will cover the importance of healthy habits and nutrition for senior citizens. On Wednesday, August 17th, community members will learn how to setup a healthy plate, the importance of calcium, and portion distortion. On Wednesday, August 24th, community members will explore nutrients for eye health, how to choose healthy fats, and common additives in drinks. And the Wednesday, August 31st, session will discuss the connection between sodium and blood pressure, explore the guidelines for reading food labels, and the importance of exercise for overall health.

Courses will be taught by Elizabeth Aurand, a nutritionist working as a SNAP Nutrition Educator for Kit Clark Senior Services in Dorchester. Elizabeth travels to locations around Boston to educate seniors on nutrition and how diet choices can benefit their well-being. Kit Clark Senior Services has helped older adults in Greater Boston live with dignity and independence in the community since 1974, offering an integrated continuum of services. This program is funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP).

"Kit Clark Senior Services is thrilled to work in partnership with Quincy College on this exciting new series of Eat Smart nutrition classes," said Elizabeth Aurand of Kit Clark. "Healthy eating is of crucial importance for older adults, and this series discusses how small, manageable changes can be used to achieve a balanced diet. Continuing to learn new things is also an excellent way for older adults to stay vital and engaged, so I'm looking forward to working with seniors and sharing information that will help them maintain healthy, active lives."

These classes are part of Quincy College non-credit courses, which offer quality and relevant short-term, non-credit training programs for members of the community looking to develop new skills or enhance skills.

Kate Lopci, Director of Workforce Development and Community Engagement for Quincy College, reflects on the Eat Smart Free Nutrition Courses and the benefit to the South Shore community at large: "The Department of Workforce Development and Community Engagement at Quincy College aims to provide high quality, affordable workforce training programs in order to equip low income, underserved, and unemployed residents and their families, in the South Shore region, with the tools and knowledge that help to prepare them for economic opportunities and career advancement. In addition, Workforce Development strives to provide lifelong and health education services to diverse communities in order to improve the quality of life of South Shore senior residents. We are pleased to partner with Kit Clark Senior Services and other community organizations to bring educational resources to underserved populations, ensuring that all community members continue to learn."

Registration for the "Eat Smart" classes is not required; class attendance is on a first-come, first-serve basis. Community members can take all classes or a single class based upon interest. For more information about the first "Eat Smart" class, visit <http://quincycollege.edu/events/eat-smart-free-nutrition-classes-class-1/> . To view all upcoming Quincy College events visit <http://quincycollege.edu/events/>. And to explore Quincy College's Lifelong Learning website visit <http://quincycollege.edu/academics/areas-of-study/#lifelong-learning>. To learn more about Kit Clark Senior Services, visit [www.kitclark.org](http://www.kitclark.org).

###

## ABOUT QUINCY COLLEGE

*Founded in 1958, Quincy College is a two-year, municipally affiliated community college serving approximately 4,500 students at campuses located in Quincy and Plymouth, Massachusetts. Quincy College is an open access institution that encourages academic achievement and excellence, diversity, economic opportunity, community involvement, and lifelong learning. The College facilitates valuable learning relationships that inspire students to realize their educational and professional futures. The college offers 35 associate degree programs and 21 certificate programs in a variety of disciplines, including those within Professional Programs, Liberal Arts, Natural & Health Sciences and Nursing. The college is accredited by the New England Association of Schools and Colleges, and is licensed by the Massachusetts Board of Higher Education to grant the degrees of Associate in Arts and Associate in Science. As the "College of the South Shore", Quincy College draws a diversity of students from the greater metro Boston area, South Shore, Cape and the Islands, as well as 121 countries around the world. For additional information, visit [www.quincycollege.edu](http://www.quincycollege.edu)*

## ABOUT KIT CLARK SENIOR SERVICES ( A DIVISION OF BAY COVE HUMAN SERVICES)

*Kit Clark Senior Services has helped older adults in Greater Boston live with dignity and independence in the community since 1974. Kit Clark offers an integrated continuum of services that provide support for thousands of elders each year, enabling them to age at home with grace. With a dedicated, caring staff and a wide array of programs, Kit Clark has an enormously positive impact on the lives of thousands of senior Bostonians and their families. Since 2006, Kit Clark has been a division of Bay Cove Human Services. To learn more about Kit Clark Senior Services, please visit [www.kitclark.org](http://www.kitclark.org).*

*Bay Cove Human Services is a non-profit agency committed to improving the lives of individuals and their families who face the challenges of developmental disabilities, aging, mental illness, and drug and alcohol addiction. We accomplish this mission by providing effective and compassionate services and through advocacy and leadership. Bay Cove serves more than 6,000 people each day and 20,000 people per year throughout Boston and Southeastern Massachusetts. To learn more about Bay Cove Human Services, please visit [www.baycove.org](http://www.baycove.org).*