



NEW YORK STATE SENATOR

Jeffrey D. Klein

## Senator Klein Hosts "senior Shopping" Nutritional Tours

JEFFREY D. KLEIN May 18, 2006



Willow Towers in New Rochelle, was held on Thursday, May 18th at the New Rochelle A&P on  
*Pelham Road*

. Led by registered dietitians, the nutritional tours focus on how to eat heart healthy, reduce blood pressure, make the right choices when shopping and plan meals to meet medical needs.

“Eating right is key to staying healthy, which is why I am so pleased to offer this service to my constituents to help them learn how to shop for and prepare healthier meals,” Klein said. With thousands of food options out there, following medical dietary restrictions can be a daunting task, but I’m hopeful these sessions can bring some clarity and ease to the process.”

Numerous sessions are scheduled throughout the 34th Senate District in the upcoming weeks. The sessions, which are being co-sponsored by Councilman Jimmy Vacca, are scheduled as follows:

- 10:00a.m. Super Stop & Shop 753 Co-Op City Blvd, Bronx.
- 718-2039.