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## **Heather Butler MP** **Member for Lyons**

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### **Eat Well Calendar Launched**

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Member for Lyons Heather Butler today launched the 2009 Eat Well Calendar aimed at improving the overall health of older Tasmanians.

“It is important to raise awareness of the changes in dietary and health needs as we age and this calendar is a positive way of reinforcing the message,” Ms Butler said.

The unveiling of the calendar at the Westbury Day Centre coincided with today’s launch of Seniors Week.

Ms Butler said the calendar focused on nutrition, physical activity and social inclusion.

“The calendar has been developed to assist day centres and other aged care services that support the health and wellbeing of older people in our communities.”

“It provides practical ideas and tips to help increase awareness of the importance of eating more vegetables and fruit as we grow older.”

Ms Butler said the Eat Well Calendar had been very popular since the first one was produced in 2004.

“The calendar supports and complements a range of other Eat Well Tasmania projects that promote healthy eating.”

“I congratulate all those involved in helping to make the highest quality nutrition information available to older Tasmanians,” Ms Butler said.