

## HEALTH NOTES

# Healthy eating easier in Williamsburg

Looking for a low-fat, heart-healthy option? Try the Golden Gazpacho or fresh fruit collection with wild berry yogurt at the Williamsburg Inn.



**Prue Salasky and Veronica Chufo**

The Williamsburg Inn is one of nearly two dozen Williamsburg-area restaurants that have partnered with the 2011 Leadership Historic Triangle Class to make it easier for residents and visitors to make healthier choices when dining out. Heal-

thy options are identified on their menus. For the list of participating restaurants, go to [historictrianglehealthyhabits.org](http://historictrianglehealthyhabits.org).

## Family caregiving training

The Center for Excellence in Aging will offer the workshop series, "Caring for You, Caring for Me," for family and professional caregivers.

The 10-hour, five-session series costs \$25. It will be offered 6-8 p.m. June 2, 9, 16, 23 and 30 at Providence United Methodist



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A series of workshops for family and professional caregivers will be offered this month in York County.

Church, 113 Old Dare Road in York County.

Reduced fees are offered for respite services.

To register for the workshop series, contact Christine Jensen at 220-4751 or

[cjensen@excellenceinaging.org](mailto:cjensen@excellenceinaging.org).

## Want to lose weight? Try a food and exercise journal

Having trouble losing weight, even though you're eating healthy and exercising? Try keeping a food and exercise journal, said Holly Hicks, a registered dietitian and wellness programming coordinator at Riverside Wellness and Fitness Center.

A journal will help you see whether you're taking in more calories than you're burning. To start, pick up a journal and start recording your daily food intake, including amount and calories, as well as exercise. A registered dietitian can help you determine the calories you need to achieve your weight-loss goals, Hicks said.

## Cross-country ride benefits leukemia, lymphoma

Williamsburg resident Paul Rein is embarking on a solo cross-country bicycle trip to raise money for the Leukemia and Lymphoma Society.

"The ride is in honor of my two neph-

ews, both survivors of leukemia and lymphoma," said Rein, a 65-year-old anesthesiologist. "I am donating 100 percent to the LLS and taking care of my own expenses."

On June 8, he departs from the beach in San Diego and heads to Hampton Roads. To date, Rein has raised about \$21,000. He plans to stay in hotels, motels and an occasional friend's house along the way.

Donate to the cause at [pages.teamin-training.org/va/ambbr11/preinp](http://pages.teamin-training.org/va/ambbr11/preinp). Follow Rein's progress by reading his blog at [coast2coastpaul.wordpress.com](http://coast2coastpaul.wordpress.com).

## No Web chat this week

We're taking a break from our regularly scheduled Wednesday health Web chats. They will resume June 8 at noon at [daily.press.com](http://daily.press.com) with a chat on birth control options. Can't make the chat? Email questions in advance to [vchufo@daily.press.com](mailto:vchufo@daily.press.com).

Reach Salasky at 247-4784 or [psalasky@daily.press.com](mailto:psalasky@daily.press.com) and Chufo at 247-4741 or [vchufo@daily.press.com](mailto:vchufo@daily.press.com). Find more health news at [daily.press.com/healthnotes](http://daily.press.com/healthnotes) and [facebook.com/dphealth](http://facebook.com/dphealth).