



Eating healthy on
a budget with Crystal

Description

Presenting a new episode of the web series for seniors **We're All In This Together**

Don't miss **Eating Healthy on a Budget with Crystal**, which launches on **Friday, May 7** at 6 pm on **We're All In This Together!**

Crystal Baran is a Certified Integrative Nutrition Health Coach and Naturotherapist, specializing in helping people holistically realign themselves to reduce stress and regain confidence. Food is the foundational tool that she uses to guide her clients on a healthy track of building long-lasting, sustainable habits. She has made it her mission to create a space for every person to explore their personal capacity to heal.

Crystal offers some sage advice in an accessible way to help you be more mindful of the importance of eating well, while making the most of every dollar!

From meal planning and knowing your grocery store to making smart food substitutions, Crystal offers some sage advice in an accessible way to help you be more mindful of the importance of eating well, while making the most of every dollar! To watch the promotional clip of the episode, click [here](#).

Each bi-weekly episode of the 18-episode web series, directed by Montreal-based award-winning filmmaker **Bobbi Jo Hart**, features entertainment, activities and conversations designed to connect with those in need of support and empathy with a gentle reminder that we are, indeed, all in this together.

Episodes released so far can easily be found on the We're All In This Together [YouTube channel](#) and [Facebook page](#) and are available for anyone to enjoy.



This is also a great opportunity to take a moment to assure that the seniors around you can access the Internet so that they can take advantage of all the online resources available to them.

Images: Bobbi Jo Hart

Sign-up to our newsletter
and get email notification
of our most recent articles

Sign up

Read also: [other articles about We're All in This Together](#)



Seniors Action Quebec works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.



The **English Language Arts Network (ELAN)** is a meeting place for English-language artists and cultural workers of all disciplines from every region of Quebec, where they can share expertise and resources, build audiences and alliances, seek support, advocate for their interests, and make common cause with the Francophone arts community.



Category

1. Cinema

Tags



1. budget
2. healthy eating
3. seniors
4. We're All In This Together
5. web series

Date Created

May 2021