

Seniors Eating Well

(formerly known as Eat Smart, Live Strong)

This program will run from 1:00 pm to 2:30 pm
on the 3rd Wednesday of the month
from June through October

(June 19, July 17, August 21, Sept. 18, October 16)

Participants will receive handouts and food samples in
conjunction with ways to eat well..

All Seniors who sign up and ATTEND each class, will
receive 3 (\$5) gift certificates to the Farmer's Market to
continue their quest to eat well.

Seating is limited to the first **50** people who
sign up!

Sign up is MANDATORY
and can be done at the Front Desk!
You must sign up for each date separately.