

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 September.
(June 21, July 19, August 16, September 20)

Participants will receive handouts and food samples in
conjunction with ways to Eat Smart and Live Strong.

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 Smart, Live Strong.

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.