

Eat Smart, Live Strong

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

(June 20, July 18, August 15, September 19)

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 **60** people who
sign up!

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