



Free Nutrition Education Event



Get a Taste of Healthy Eating by joining the Wiser Dining Events

Learn more about nutrition with
LIVE FOOD DEMONSTRATIONS.

FREE GIVEAWAYS FOR THOSE THAT ATTEND.

Dates: Tuesdays Nov. 19th & Nov. 26th

Time: Noon

Location: Felicia Mahood Senior Center

TOPICS INCLUDE:

- Budget friendly eating tips.
- How to prepare healthy, quick meals and snacks.
- Ways to include exercise into your day.
- Helpful food facts.

Eligibility: Persons 60 years or older.