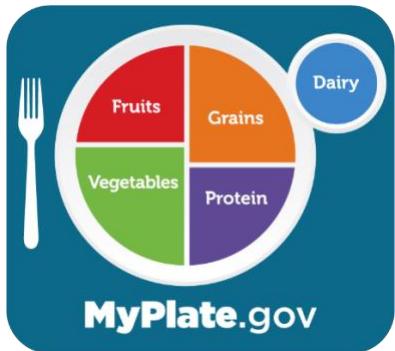




Are you 60 years or older? Come join our workshops and have fun while learning how to improve your choices in shopping, eating and physical activity!



Workshop Topics:

March 10 - Balancing Nutrition with MyPlate

March 17 - Eat your Fruits & Vegetables

March 24 - Adventure into the World of Whole Grains

March 31 - Diverse Proteins, Balanced Living

**If you have questions, please call
Michelle at (716) 858-4951**

Baptist Manor

Linwood Avenue

Tuesdays at 10:30 – 11:30am

Please be sure to let us know you will be coming

If you would like to request reasonable accommodations to participate in this program, please contact Michelle at Erie County Department for the Aging at (716) 858-4951 or email Michelle.Werneiwska@erie.gov

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

SNAP aids low-income individuals and families in buying nutritious food for a better, healthier diet. For more information call 1-800-352-8401

This institution is an equal opportunity provider and employer.