

Food & Nutrition

Tuesday, October 18th, 2022

BWSAC Library

10am

Presented by Bethany Heleniak, LSW



Join us for a special interactive discussion of the importance of certain nutrients for seniors, such as potassium, calcium and fiber.

Healthy refreshments will be provided.

All are welcome to attend. Must register by October 14th.
Questions? Call Bethany 267-567-3270

Sign up at front desk.