



Nutrition Program for Adults

Every Thursday for 8 Weeks starting October 4th, 2018.

Time: **10:30—11:30 am**

Location: McDowell Senior Center

Program Benefits

- **Sample healthy foods**
- **A cookbook, water bottle, and spicejar for you to keep**
- **Information to help you control sodium, fat and added sugar**
- **6 engaging and interactive sessions**

**For more information or to sign up, contact
McDowell Senior Center Front Desk @659-0821.**