

Proudly supported by the Community Advisory Committee

Let's Talk About...

Healthy Eating for Healthy Aging



- Learn practical tips from the Community Health Nurse about Healthy Eating as you age!
- Enjoy healthy snacks and refreshments!
- ***Take home*** a chicken stir fry recipe and all the ingredients to prepare your healthy meal at home!

**YOU MUST
REGISTER!**

Limited Seats.

First Come. First Serve.

**Call 458-2381, ext. 260
to Register Early!**

MONDAY MARCH 7, 2016

1:30 PM - 3:30 PM

ROCKY HARBOUR TOWN HALL

