

EATING WELL

Learn tips to eat well as you age and to shop wisely for seasonal fruits and vegetables in a



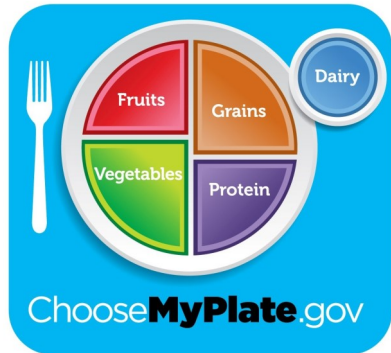
FREE presentation by Council on Aging's Jennifer Lake, RDN. She will answer your questions about nutrition for older adults and planning menus.

Register at our Welcome Center or call 513.423.1734

MONDAY, JULY 15

10 AM – NOON

CONFERENCE ROOM



3907 Central Ave, Middletown, OH 45044 / 513.423.1734

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