



Free Nutrition Education Event



Get a Taste of Healthy Eating by joining the Wiser Dining Events

Learn more about nutrition with
LIVE FOOD DEMONSTRATIONS.

FREE GIVEAWAYS FOR THOSE THAT ATTEND.

Dates: Fridays April 18th and 25th

Time: 11:30 am – 12:30 pm (Informational Table)

Location: Claude Pepper Senior Center

TOPICS INCLUDE:

- Budget friendly eating tips.
- How to prepare healthy, quick meals and snacks.
- Ways to include exercise into your day.
- Helpful food facts.

Eligibility: Persons 60 years or older.

Clases Gratuitas De Educación De Nutrición



Fechas:

Horario:

Lugar:

TEMAS INCLUYEN:

**Consejos económicos para comer.
Cómo preparar comidas rápidas y bocadillos saludables.
Maneras de incluir el ejercicio en su día.
Datos útiles sobre los alimentos.**

Elegibilidad: Personas de 60 años o mas.