

# Food Hero *for* Older Adults

Join us virtually via zoom for a  
**Focus on Protein as one ages**

**Class date:**

Thursday, January 11th, at 3:30 pm



This class will be a fun & interactive session about changing needs as you age. Pre-registration is required.

For more information, contact:  
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TO SIGN UP, VISIT: <https://beav.es/T6h>



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