

Food Hero *for* Older Adults

Join us virtually via zoom for a
**Focus on Creating Healthy &
Balanced Holiday Meals**



Class date:

Monday, December
18th, at 2:30 pm

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



TO SIGN UP, VISIT: <https://beav.es/qSR>



For more information, contact Rebecca Fallihee
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