

Food Hero *for* Older Adults

Join us virtually via zoom for a
**Focus on Added Sugar
for Optimal Health**

Class date:

Monday, December 4th, at 2:30 pm



Photo by [Wouter Supardi Salari](#) on [Unsplash](#)

- 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/qSE>



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