



# Wellness Program

The focus of the program will include:

- Snack Choices
- Grocery Store Tour
- Summer Picnic Survival
- Keep Moving



This program is four sessions long and will be on the third Friday of each month. The program will begin on Friday, April 20, 2018 at 11:00 a.m.

Located at the Health and Senior Services Building, 2465 Bonadent Drive,  
Suite 4, Waterloo, NY 13165

(Old Bonadent Building)

**These will be fun interactive sessions—  
come join us and make 2018 your  
healthiest year yet!!!**

