



Wellness Program



With Christina Ganzon, RD, CDN

This program is four sessions long and will be on the third Friday of each month. The program will begin on Friday, August 17, 2018 at 11:00 a.m. - 11:45 a.m.



Schedule:

August 17, 2018	Fall Vegetables
September 21, 2018	Activity with changing weather
October 19, 2018	Holiday party survival from Halloween to New Years
November 16, 2018	Thanksgiving recipe exchange and ideas

Located at the Office for the Aging in the Health and Senior Services Building at 2465 Bonadent Drive, Suite 4, Waterloo, NY 13165
(Old Bonadent Building)

