



Wellness Program



With Christina Ganzon, RD, CDN

This program is five sessions long and will be on Friday's. The program will begin on March 15, 2019 at 11:00 a.m. - 11:45 a.m.

Schedule:

March 15, 2019	Holiday Review
April 26, 2019	Get Moving
May 17, 2019	Summer Foods
June 21, 2019	Herbs/ Spices

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)

