



Wellness Program



With Christina Ganzon, RD, CDN

This program is five sessions long and will be on Friday's. The program will begin on June 21, 2019 at 11:00 a.m. - 11:45 a.m.

Schedule:

June 21, 2019	Herbs/ Spices
July 19, 2019	Activity in Hot Weather/ Hydration
August 16, 2019	Keep Motivated/ Support
September 20, 2019	Fall Vegetables

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)

