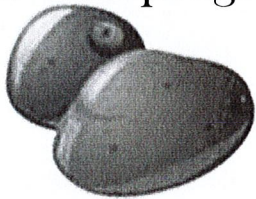


Wellness Program



With Christina Ganzon, RD, CDN, CDE

This program is ongoing and all are welcome to attend one session or all. The program takes place on Friday's from 10:30 - 11:30am.



Schedule:

April 22, 2022	Understanding Blood Values
May 13, 2022	Summer Eating
June 3, 2022	Hydration
July 8, 2022	Activity in the heat and beyond

Located at the Office for the Aging in the Health and Senior Services Building at 2465
Bonadent Drive, Suite 4, Waterloo, NY 13165
(315) 539-1765
(Old Bonadent Building)

