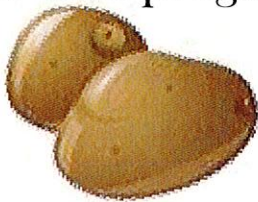


Wellness Program



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:

Jan 5, 2024	Label - protein/Carbs/Fat ReFocus
Jan 26, 2024	Power of Soups and Crock Pot meals
Feb 9, 2024	Keeping Active in the Cold
Feb 23, 2024	TBD
March 15, 2024	Protein

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