



# ***Nutrition for Life***



We are thrilled to have Karen White, Registered Dietician come to our Kitchen for a Healthy Nutrition Demonstration. Karen loves to teach people about food and is really looking forward give us healthy nutrition information to carry on in our daily lives.



## ***Oats in a Jar***



**March 13th—11:30am**

Come find out how to do this trendy delicious breakfast! Each participant will get to make their own jar and enjoy it at home! In order to have enough mason jars on hand for this fun activity please make sure you sign up early.



**Stop by the front desk or call  
(508) 229-4453**

**Suggested Donation—\$3.00 (a basket will be available)**