

Bay County Division on Aging
"Nutrition for Graceful Aging"

Location: Canteen Activity Center
800 Livingston Avenue
Bay City, 48708



She is back by popular demand. Barb Kraycsir, RDN, Nutrition Services Manager at the Bay County Department on Aging, will be offering a program on **One Size Doesn't Fit All**. There isn't one diet, one solution or one fix it for everyone when it comes to Nutritional Health. As always Barb will give us helpful tips and information for our Nutritional Aging Well journey. Come for lunch prior to the program. All 60 plus adults are welcome to attend



Thursday ~ February 22, 2018

12:00 noon Lunch
12:30 p.m.—1:30 p.m. Program

Suggested donation for lunch:
\$2.50 (60 yrs. & better)

Lunch offers choice of main entrée, salad or sandwich:
See the Wonderful Times Newsletter for selection or contact Debbie at 895-4100

Send in the bottom portion to register at Bay County Division on Aging, 515 Center Avenue, Suite 202, Bay City, 48708 or call the main office at 895-4100 for information. Visit our web page at www.baycounty-mi.gov/aging/ for more exciting opportunities. Like us on Facebook @ Bay County Department on Aging

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Name: _____	phone #: _____		
Address or email: _____	Amount Paid: _____		
Food Choices	Entrée _____	Salad _____	Sandwich _____
Indicate if a Release and Walver of Liablilty is on file:	Yes _____	Need to Sign _____	

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. Nutritional Program 2018