

Hampton PM Activity Center
presents
Planning Meals on a Budget

Hampton PM Activity Center will welcome Registered Dietitians, Rebecca Titman and Danielle Maguire from Bay County Care Facility to discuss topics related to healthy meal planning on a budget. Small portion sizes, purchasing nutritious options on a budget, benefits of planning and how these ideas make us feel. We are aging let's age the best way we can. Start out the new year on the right foot. This program is offered to the 60 plus community. Enjoy a delicious dinner after the presentation.

Location: Hampton Activity Center, 801 W. Center Ave. Essexville, 48732

Thursday, February 8, 2018

Time: 3:30—4:30 pm Program
5:00 pm Dinner

Dinner suggested donation:
\$2.50 (60 years & better)

Menu: Choice of entrée or salad or sandwich of the week
entrée: Chicken Tetrazzini, Vegetable Blend, Dinner Roll, Mandarin Oranges and Pineapple Chunks
Salad: Taco or Sandwich: Chicken Cordon Bleu Wrap

Call Karen no later than Dec. 19, for any transportation requests and reservations at
895-5968 or main office at 895-4100 or toll free
1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/
Like us on Facebook @ Bay County Department on Aging

=====

Name: _____	Phone # _____
Address: _____	Amt. Paid: _____
Indicate menu request:	Entrée: _____ Salad: _____ Sandwich: _____
Eligible (60 yrs & better) _____	Non Eligible (59 yrs. & under) _____
Indicate if Release and Waiver of Liability is on file: Yes _____	Need to Sign _____
(only need one release on file)	

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.

Hampton PM Meal Planning