



Hampton AM Activity Center
presents
Myths and Misconceptions of Aging

Hampton AM Activity Center welcomes Bonnie Fritz, LPN from Golden Horizons speaking about, What is fact and What is fiction when it comes to Aging?
Join us as we explore those questions venturing towards a healthy and quality life style. A nutritious, delicious heathy lunch to follow program.
This invitation is extended to the 60 plus population.

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

Wednesday, August 23, 2017

11:00—12:00 p.m. Program
Lunch to follow

Suggested donation for Lunch:
\$2.50 (60 years & better)

Menu: Entrée: Baked Pork Chops, Oven Baked Potato, Green Bean Casserole, Peaches
choice of salad or sandwich: Salad: Spinach or Sandwich: Taco Wrap

Call Irma for any transportation requests and reservations at
895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. 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: facebook.com/Bay County Division on Aging

Name: _____ Phone #: _____
Address: _____ Amt. Paid: _____
Indicate menu request: Entrée: _____ Salad: _____ Sandwich: _____
Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____