



# *fresh* CONVERSATIONS

**GIRARD SENIOR CENTER | 11:30-12:30PM**

Join us monthly to learn how to make healthier food and beverage choices, set goals, engage in physical activity and try a tasty recipe!

**NOV. 12TH  
DEC. 10TH  
-NO NEWSLETTER  
JAN. 14TH  
FEB 11TH  
MARCH 11TH**

**APRIL 8TH  
MAY 13TH  
JUNE 10TH  
JULY 8TH  
AUG 12TH  
SEP 9TH**



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