CONVERSATIONS
GIRARD SENIOR CENTER | 11:30-12:15PM

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

- October 13th
- November 10th
- January 12th
- February 9th
- March 8th
- April 12th
- May 10th
- June 14th
- July 12th
- August 9th
- September 13th

FREE REGISTRATION

Contact Katherine Pinto at 620-232-1930 to save your seat!