



*fresh*

# 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!**



This institution is an equal opportunity provider.