

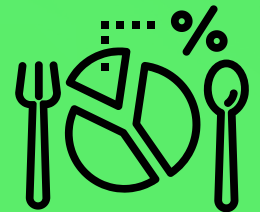
Senior Educational Luncheon



NUTRITION & EXERCISE ON A BUDGET



PRESENTED BY
BECKY BRIDGHAM



Becky will be sharing information on how to feed your body the nutrition it needs to perform at it best on a budget. She will help us decide which items to choose while grocery shopping and what foods are best for optimal body & brain function. She will also show us exercises that we can do from home as we age.

We will also be offering free blood pressure checks and hearing screening test.

Light lunch will be served.

MON | 11:00AM-
OCT 21ST | 12:30PM

151 S. BANNER ST.
ELIZABETH, CO

RSVP:
MARJORIE ENGLE
303-881-2707

Sponsored by:

Marjorie Engle
Jennifer Maxwell
Town of Elizabeth

