

May

2024

Union County Senior Café

Union County Senior Nutrition Program Education Workshops

All Congregate Senior Café sites will receive Quarterly Nutrition Education Workshops. During the Nutrition workshops clients will receive written information along with nutrition education resources/tips designed to promote independence, dignity, socialization, health and well-being of the participants.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Heart Smarts Nutrition Workshop Richmond Towers 11am-12pm	2	3 Heart Smarts Nutrition Workshop Stephen Sampson Center 10:30am-11:30am	4
5	6	7 Heart Smarts Nutrition Workshop Peterstown Community Center 11am-12pm	8	9	10	11
12	13	14 Heart Smarts Nutrition Workshop O'Donnell Dempsey Towers 11am-12pm	15	16	17	18
19	20	21	22	23	24 Heart Smarts Nutrition Workshop Liberty Square Senior Center 11am-12pm	25
26	27	28	29	30	31	