

Hampton AM Activity Center

presents

Wellness Classes—Nutrition Hosted by Caretel Inns of Tri-Cities

Hampton AM Activity Center will be offering two informational Wellness Classes with the emphasis on nutrition. Chef Rumsey from Caretel Inns will be here to touch on two topics that affect our aging well philosophy. Jan 11- class will focus on Low Sodium Cooking that has flavor.

Jan 25 - class will focus on Low Fat Cooking with flavor.

These classes will include samples at the end of the class. Lunch to follow.

Class is limited. Get your reservations in early.

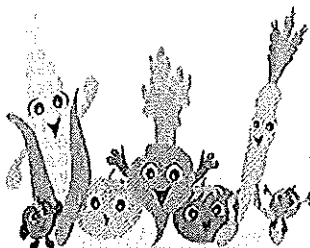
This invitation is extended to the 60 plus population

Location: Hampton AM Activity Center, 801 W. Center Ave. Essexville

Thursday—January 11 and 25, 2018

Time:

10:30 —11:45 p.m. Program
12:00 noon - Lunch



Suggested donation for Lunch:
\$2.50 (60 years & better)

Menu: Choice of Entrée, Salad or Sandwich:

Call Irma for meal choices or visit our webpage also in the Wonderful Times

Call Irma for any transportation requests and reservations at
895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. or main office at
895-4100 or toll free 1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/
Like us on Facebook @ Bay County Department on Aging

Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

Indicate menu request: Entrée: _____ Salad: _____ Sandwich: _____

Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to Sign _____