

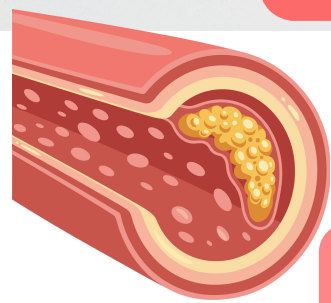
**JOIN US FOR...**

# **HEART HEALTHY NUTRITION**

**AT THE  
HADDAM SENIOR  
CENTER**

**TUESDAY**

**MARCH 24TH @ 12:30 PM**



Program presented by:  
Chris Blancarte, MS RDN  
Senior Resources Agency on Aging

**Be sure to sign up for lunch too!**

**\*A Form 5 is needed on file to attend  
congregate lunch.**