

Healthy Eating for Successful Living in Older Adults

- 6 week class, meeting up to 2.5 hours each week
- Cooking Demonstrations and Grocery Store Food Tour
- Topics include: MyPlate Guidelines, Label Reading, Grains, Vegetables, Fruits, Water, Meat, Eggs, Legumes, Milk, Fat, Sweets and Exercise

Register Now!

Brennan Community Senior Center
1301 Pinegree Ave Flint, MI 48503
July 29 - September 2, 2026
11am - 1:30pm
To register call: (810) 766-7238



Presented By:

Jeannette Brunetti, RD at VAAA

