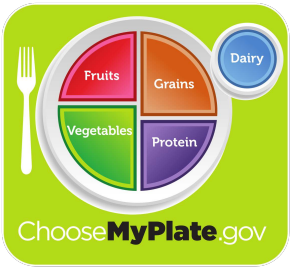
Seniors Eating Well Community Workshops

Virtual Workshop Series Coming Soon!

- **Meal Planning and Decision Making**
- **Food Preparation**
- **Diet, Health and Chronic Disease Prevention**
- **Social Relationships and Fitness**



Call to register for this workshop if you are over 50 years old and you are receiving or qualify for public assistance.

For more information and to register for this FREE workshop series, please contact Dr. Zeenat Rahman at (407)665-3392

Florida HEALTH Seminole County