The Age-Friendly New Bedford Action Team invites you to join

# Lunch and Learn

## *Eating Well from Head to Toe*

### Tips For Older Adults

**Wednesdays - 11 am to 1 pm**

- **September 4**
- **September 11**
- **September 18**
- **September 25**

**Looking at Labels, Tackling Take-Out, Menu Makeovers, Budget Bites**

**Brooklawn Park**
**Ricketson Nature Education Center**
**Ashley Boulevard**
**New Bedford, MA 02740**

**For questions and registration call:**
**Katlynn Ferreira, RD**
**(508) 742-1943**

lighting the way NB new bedford agefriendly

NEW BEDFORD PARKS, RECREATION & BEACHES

Coastline Caring for the community.

Age-Friendly New Bedford helps residents of all ages stay active, safe, healthy, and connected.