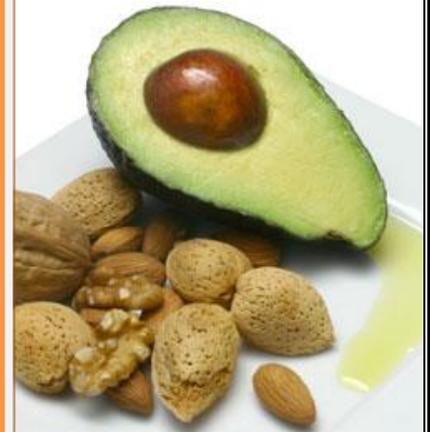


Get Your Fats Straight

- Learn about the difference between fats and oils
- Identify where to find healthy fats
- Learn about MUFAs, PUFAs and OMEGAs.



DATES & LOCATIONS

May 18, 12:15pm -	First Ward Senior Center
May 31, 11:00 am -	Northern Broome Senior Center
June 2, 1:15 pm -	Eastern Broome Senior Center
June 7, 11:30am -	Deposit Senior Center
June 8, 11:00am-	N. Shore Towers Senior Center
June 9, 11:15am-	Broome West Senior Center
June 16, 11:00am-	Johnson City Senior Center
June 23, 10:30am -	Vestal Senior Center

TASTE LEARN CREATE EXPERIENCE WELLNESS