

Super Foods For a Healthy Mind & Body

Please join Highlands Ranch Senior Outreach Services and registered dietitian, Sue Howk with Tri-County Health Department for a fun and interactive educational program about food choices that will help achieve and maintain a sharp mind and healthy body.

Highlands Ranch Library – Shea Room A
Wednesday, April 14
11:00 a.m. until 12:15 p.m.

Workshop is FREE and open to adults of all ages. RSVP required.
Sponsored by Highlands Ranch Senior Outreach Services.
Come with your questions and concerns and leave with priorities and plans.

For more information and to RSVP, please contact
Senior Services Coordinator Jodie McCann at 720-240-4922,
or at jmccann@highlandsranch.org.