

# Breakfast Strong



*New scientific information on Foods that may improve  
our heart, mind and bone health*

**Recipes and a grocery list**

**A seasonal breakfast food sample to try**

**Adapting your recipes to other diets**

**Location-Charlton Senior Center**

**Monday November 13, 2017**

**11-12**

**Sign up at the Charlton Senior Center  
with Elaine or call Lou Pilczak RD, LDN**

**@ 800-286-6640**

*Presented by  
Tri-Valley, Inc. Healthy Living Program*