

# Breakfast Strong



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

## Recipes

A breakfast food sample to try

A Grocery list to take home

Millville Senior Center

Tuesday October 17 2017

2:15

Sign up at the Millville Senior Center or  
call Lou Pilczak 800-286-6640

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