

Health and Wellness

Healthy Eating

Thursday, May 13, 2021

1:00-2:00

with Roberta Robinson



Healthy Eating- there is a saying, "You are what you eat." Do you believe it to be so? Over the years we have discussed Nutrition and Bone Health, the Properties of Food we eat and how eating the right foods fuel the body and Foods that fight Inflammation/Foods that Cause Inflammation. We will review this information, discuss a few quick, healthy recipes and make a healthy, power-packed and delicious salad! Come join in the fun!

To register, call The Council on Aging at 617-349-6220