

Fall 2018 Positive Aging Symposium

Putting Your Best Fork Forward

Keynote Speaker

Abbey Ellner, Florida Department of Health in Charlotte County
“Eating and Moving to Prevent Diabetes”



September 13, 2018

8:30 AM - 1:30 PM

The Cultural Center

2280 Aaron Street
Port Charlotte, FL 33952

lunch included

Putting Your Best Fork Forward

A one-day event highlighting how the foods we eat affect our health.

Be prepared to receive tips for mindful eating, diabetes prevention, and finding healthy food on a fixed income. You will also enjoy a live cooking demonstration!

Information on local resources will be available as well.

Featuring

Ian Connell
Florida Department of
Children & Families
“SNAP and You!”

Food Demonstration

Tania Garcia
Green Living, Green Planet

Lunch sponsored by Byrski Estate & Elder Law, Charlotte Memorial, Solaris Healthcare Charlotte Harbor, Comfort Keepers, Helping Hands of SWFL, and Parkside Assisted Living & Memory Cottage.

Cost to attend is \$10.

To register, visit unitedwayccfl.org or call 941-627-3539
First 30 registrants will receive a free cookbook.

