



HEALTHY EATING FOR CAREGIVERS

"You, as a caregiver, can't do your best unless your body has the energy it needs from eating healthy foods three times a day." ~Frank Broyles

Thursday, January 5
11:30 AM - 1:00 PM

Adult Enrichment Center
540 5th Avenue NW
Cambridge, MN

- Identify healthy eating habits related to stress due to caregiving.
- Make plans for healthy meals and snacks.
- Explore ways to reach your goals.

Registration Preferred

Melissa Lupinek (763) 689-6227 or mlupinek@c-ischools.org