

# Free Senior Nutrition Classes

2006 - For Coral Springs Residents



## Nutritional Support for Healthy Seniors

- **Friday, February 24: Basic Nutrition for Seniors.** We will be discussing which are the best sources of proteins, carbohydrates, fats for optimum digestion and assimilation.

- **Friday, March 3: Vitamins, Herbs and Nutritional Supplementation for Seniors**

- **Friday, March 10: Meeting the challenges of osteoporosis, arthritis and bone loss using natural methods**

**All classes begin at 11:45 a.m.**

**For more information and to register,**

**call 954-345-2209**

**Classes are held at the Sartory Senior Center  
10150 NW 29<sup>th</sup> St. (In Mullins Park)**

Sartory Senior Center is located at 10150 NW 29 St. in Mullins Park. Take Coral Springs Drive to NW 29 St. and go east. Enter Mullins Park on the south side of the street. Turn left at the stop. The Center is just east of the pool.

