



NUTRITION WORKSHOP

**A 10-week health
promotion program that
combines the game of
bingo with inclusive
exercises for everyone!**

**Come play and meet new
people while learning
about nutrition!**

**Golden Age Center
3278 Whitehaven Rd**

**Tuesdays and Thursdays @ 10:00am
Starting March 3 through May 7, 2026**

If you would like to request reasonable accommodations to participate in this program, please contact Michelle at Erie County Department for the Aging at (716) 858-4951

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP aids low-income individuals and families in buying nutritious food for a better, healthier diet. For more information call 1-800-352-8401

This institution is an equal opportunity provider and employer.

