



Meals on Wheels and Senior Outreach Services



You Are Invited To Join Us For... *Eat Smart, Live Strong*

Learn how you can Eat Smart and Live Strong!
Talk about easy ways to make smart food choices and exercise more.
Enjoy fun and lively activities with other adults.

Refreshments! Raffle Prizes!

San Pablo:

Date: 4 Sessions: March 7, 14, 21 and 28

Time: 1:00pm - 2:00 pm

Where: San Pablo Senior Center
1943 Church Street
San Pablo, CA 94806

Contact: Cynthia Black 925-937-8311

This institution is an equal opportunity provider and employer.

United States Department of Agriculture
Food and Nutrition Service



Enhancing
the quality of
life for older
adults in
Contra Costa
County

**Meals on Wheels and
Senior Outreach Services**

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