



# 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



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

This institution is an equal opportunity provider and employer.

United States Department of Agriculture  
Food and Nutrition Service



**Meals on Wheels and  
Senior Outreach Services**  
1300 Civic Drive  
Walnut Creek, CA 94596  
Telephone: 925-937-8311  
Fax: 925-946-1869  
e-mail: [info@mowsos.org](mailto:info@mowsos.org)  
**[www.mowsos.org](http://www.mowsos.org)**