

Live Well, Play Well

New Year, New You!



Cooking Demonstration to Help You- Eat Right & Eat Smart **ALL YEAR LONG!!**

When: Wednesday, January 30, 2019

Time: 5:30pm – 7:00pm

Where: Village Walk Senior Living
131 East Main Street
Patchogue, NY 11772

Parking is located behind the building. Walk alongside the building on Maple Ave. to access the main entrance on Main Street.



For more information and to reserve your seat call: 631.687.2900

Please RSVP- Limited Seating

*Healthy light refreshments provided for your enjoyment.

*Complimentary Admission

Maria Curcio, RDN, CDE
Diabetes Wellness Education
Services Coordinator
invites you to learn how to love
your vegetables and eat right all
year long!

- Taste how good healthy can be!
- Develop a system that works for you.
- Helpful hints on diet & exercise.

**Long Island
Community Hospital**

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