



Fork & the Road

Nutrition Program for Older Adults

Every Wednesday, March 6 - April 24

Bowens Senior Center | 9:30 - 10:30am

Ruth Peterson Center | 11:30 am - 12:30pm

Fork & the Road is a free nutrition program for those age 60+ designed to support healthy aging. Participants will learn about hot topics in health & nutrition while sharing personal experiences and meeting others interested in healthy aging.

To register, contact Evelyn Joe at 248-758-3240