



Pop-up Senior Meal
Drummond Civic Center
September 21, 10:00 AM - 2:00 PM

Join us for a day of
Food ~ Fellowship ~ Fun

AGENDA

10:00-11:00 AM

Presentation: Eat for Vitality!

Speaker: Carolyn Novak, Registered Dietitian, Bayfield County DHS
Topic: Sharing the latest and greatest on how to eat for health and enjoy doing it.

11:00-12:00 PM

Presentation: How **NOT to Get Scammed!**

Sharing information on marketing trick and scams.

12:00

Lunch

- * **Contributions** of \$3.00-\$5.00 per meal for adults 60 and older are appreciated! All other pay full cost.
- * **Reservations required:**
Call Carolyn at 715-373-3353 by September 15 to reserve your spot!

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**Bayfield County Public Health** will be on site to share information on and provide immunizations, covid testing, blood pressure, stroke prevention and more!



The **Aging and Disability Resource Center** will have information and resources available.

Do you need **Transportation**? Call Michele at **715-373-3358** to explore options.

**Thanks to our generous sponsors for helping to educate and empower older adults!**

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