



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!



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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Bayfield Electric Cooperative
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