



# FRESH CONVERSATIONS

# FREE EVENTS

This will be an 8-part series with one session every Thursday beginning on March 3<sup>rd</sup> and running through April 21<sup>st</sup>.

**Calvert Pines Senior Center class: 9-10AM**

**Southern Pines Senior Center class: 11AM-12PM**

- March 3<sup>rd</sup>: *Healthy Food, Healthy Brain*
- March 10<sup>th</sup>: *Inflammation*
- March 17<sup>th</sup>: *Cancer: Preventable, Not Inevitable*
- March 24<sup>th</sup>: *Macular Degeneration: Sight Saving Strategies*
- March 31<sup>st</sup>: *Are Healthy Bones Important*
- April 7<sup>th</sup>: *Fuel Your Independence with Protein*
- April 14<sup>th</sup>: *Fresh Herbs: Don't Miss Out on Summer Flavor*

You will be asked to fill out a voluntary pre and post survey at the beginning and end of each session that will take ~5 minutes.

Sign-up now for the full 8-part series:

**Calvert Pines Senior Center**

**410-535-4606**

**Southern Pines Senior Center**

**410-586-2748**

Calvert County programs are accessible to individuals with disabilities.

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**Living Your Dreams • Be Active, Be Strong**

**JOIN US FOR  
FUN & CONVERSATION**



**The Fresh Conversations program offers food, fun and friendly conversation to help you maintain your health and independence. Older adults will gather regularly to learn from each other, sample new recipes, discuss current nutrition and health topics, and discover new ways to be active.**