

NOURISHING CARE

Essential Nutrition Tips for Seniors & Caregivers

Bill Crisp Senior Center

7560 Raeford Rd • Fayetteville, NC 28304

Sept 27, 24

Revamp Your Kitchen

Oct 11, 24

Get Focused for Adults

Nov 22, 24

Diabetes Awareness

Dec 20, 24

Immune Boosters

Jan 17, 25

Healthful Habits

Feb 21, 25

African American Nutrition

**10am
to
12pm**



RSVP Required

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