

# Fresh Conversation

You won't want to miss this class! This is a weekly class for 6 weeks.  
Bronson Wellness Center is providing this class.

## Focuses on :

Choosing and eating healthy

Recipe tasting

Reducing risk of chronic disease such as heart and diabetes

Nutritional education by a Registered Dietician



**Date: TBA**

**Time: TBA**

**Cost: TBA**

**Register and pay by TBA**

**Call now  
to get on the list to  
be called when class  
is finalized.**

**269-345-8556**

**Comstock Community Center**

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Comstock, MI 49048



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