

# 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: Wednesday's (series)  
May 17 to June 21**

**Time: 3-4pm**

**Cost: FREE**

**Register by May 8**

**269-345-8556**

**Comstock Community Center**



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