

In the Know Awareness-Healthy Heart Eating Program

Presented by Caretel Inns of Tri-Cities

Caretel Inns will be offering another taste sampling opportunity. This program will concentrate on making soup, perfect for the cold winter months coming up. Soup is always fairly easy to make, good for you and comforts the soul.

Location: Riverside Dining Center, 800 J. F. Kennedy Dr. Bay City

Suggested donation for
Lunch:
\$2.50 (60 years & better)
\$4.75 (59 years & under)



Date: Thursday
December 4, 2014

10:30—11:30 a.m. Program
12:00 noon—Lunch

Menu: Entrée: Pork Loin, Mashed Potatoes/Gravy, broccoli, mandarin oranges.
or choice of salad: or sandwich: Mediterranean Salad or Chicken Salad Wrap

Call Sandy for any transportation requests and reservations at
893-7070 or main office at 895-4100 or toll free 1-877-229-9960.

=====
Name: _____ Phone #: _____
Address: _____ Amt. Paid: _____
Indicate menu request: Entrée: _____ Salad: _____ Sandwich: _____
Eligible (60 yrs & better) _____ Non Eligible (59 yrs. & under) _____
Indicate if Release and Waiver of Liability is on file: Yes _____ Need to Sign _____
(only need one release on file)

