

The Florida Department of Health in Sarasota County Presents



SENIORS EATING WELL

Saturday, November 12, 2022 | 10:30 am - 11:30 am

North Port Library | Veranda Room

13800 Tamiami Trail | North Port, FL 34287

Good nutrition can play a significant role in health maintenance and disease prevention as well as reducing health care costs. This program, created by the Penn State Extension, discusses concepts in fitness fun, cooking with herbs, new concepts in weight control, and staying active.

REGISTRATION REQUIRED


Sarasota County

North Port Public Library

13800 S. Tamiami Trail | North Port, FL 34287

941-861-5000 | scgov.net/library



**FIND
YOURSELF**
AT THE **LIBRARY**

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