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Healthy Food Lecture & Tasting

Date and Time

Tuesday 5/28/2019 2:00 to 3:30pm

Event URL

<https://thezebra.org/2019/05/06/may-is-older-american-month/>

Event Region

Northern Virginia

Event Type

Social event

RSVP Info

seniorservicesalex.org or call (703) 836-4414, ext. 110.

Event Cost

\$0.00

Event Description

LEXANDRIA, VA-Every May, the Department of Health and Human Services Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

May 28 - Healthy Food Lecture & Tasting - 2:00 to 3:30 p.m. at Beatley Central Library, 5005 Duke Street. Participants learn about new ways to prepare the foods we love and that are healthy for us.

All of SSA's events are free and open to the public. We ask that you register online at seniorservicesalex.org or call (703) 836-4414, ext. 110.