



The
Soprema
Senior
Center
presents

Friday
Oct. 23
at 1 pm

FALL INTO A HEALTHY WEIGHT

As the weather changes, it's important to take the time to enjoy seasonal foods, prepare for the fall and winter holidays and find ways to keep moving!

Rose Ann Chiurazzi, Registered Dietitian & Certified Diabetes Educator with **Summa Health's Weight Management Institute**, will join us via Zoom with tips and tricks to help you stay on track with your health and goals.

You won't want to miss this special program!

Please email your RSVP with your name and phone number to the Soprema Senior

Center at ssc@wadsworthcity.org

or call us at **330-335-1513** to

receive a Zoom invitation to the program.

A
Summa
Health
Weight
Management
Class

SOPREMA
Senior Center
& Cafe