

2010 Lunch and Learn Series

Call a Friend and Join Us!

2010 Schedule

- **January 27, 2010:** Differences between Prebiotics and Probiotics.
- **February 24, 2010:** A Purim Party!
- **April 21, 2010:** How Foods Can Affect Our Moods
- **May 26, 2010:** Good and Bad Carbs – What's the Difference?
- **June 16, 2010:** Is Fish Really Healthy?
- **July 21, 2010:** Staying Hydrated During Hot Florida Summers
- **September 22, 2010:** What Are Functional Foods?
- **October 20, 2010:** The Good and Bad News About Alcohol
- **November 17, 2010:** Genetically-Altered Foods – Are They Safe?
- **December 15, 2010:** Celebrate Chanukah with our Annual Celebrity Latke Cook Off

All programs are held in the Shapiro Family Auditorium at Morse Geriatric Center
on the Marilyn & Stanley M. Katz Seniors Campus
11:30 am – 1:00 pm

Lunch for program participants will be specially priced at \$5.00 per person.

To Make A Reservation, Please Call
(561) 616-0707