

An educational program & dinner at Oakdale

HEALTHY CHOICES FOR THE HOLIDAYS

Join us for a cooking demonstration and a talk about healthy choices for holiday meals! Learn how to select healthy foods during the holidays while still enjoying a favorite indulgent food item.

MAIN COURSE

We will be serving a Lite Turkey Dinner along with Pumpkin Mousse for dessert.

SPEAKERS

Jeanne Shumrak, RD & Abbi Wood, RD
Registered Dietitians of Oriol Health Care

DATE: November 8th, 2018 6 – 7:30pm

LOCATION:

Oakdale Rehab & Skilled Nursing Center

76 North Main St, West Boylston MA

RSVP: Debby 508-829-1213 or

Email: dosipov@oriolhealthcare.com

