



Get Fresh

With

MANNA

FALL SERIES

Join MANNA dietitians each week for:
Lessons on nutrition hot topics
Question & Answer sessions
Activities & demonstrations on each topic



Thursdays

4:00-5:30

Oct 17

Oct 24

Oct 31

Join us in person at MANNA or virtually via Zoom! To register, call Emily Sadowy at 215-496-2662 ext 114