

THE DR. RONALD AVIS FOUNDATION
AT TEMPLE ISRAEL PRESENTS :

EAT WELL &
THRIVE:

A Healthy-Habits
Workshop Series on
Zoom

1 Eating Well After 60:
*How to Actually Follow the
Recommendations (Without
Overwhelm)*

Tues, Nov 18: 7:30-8:30 pm

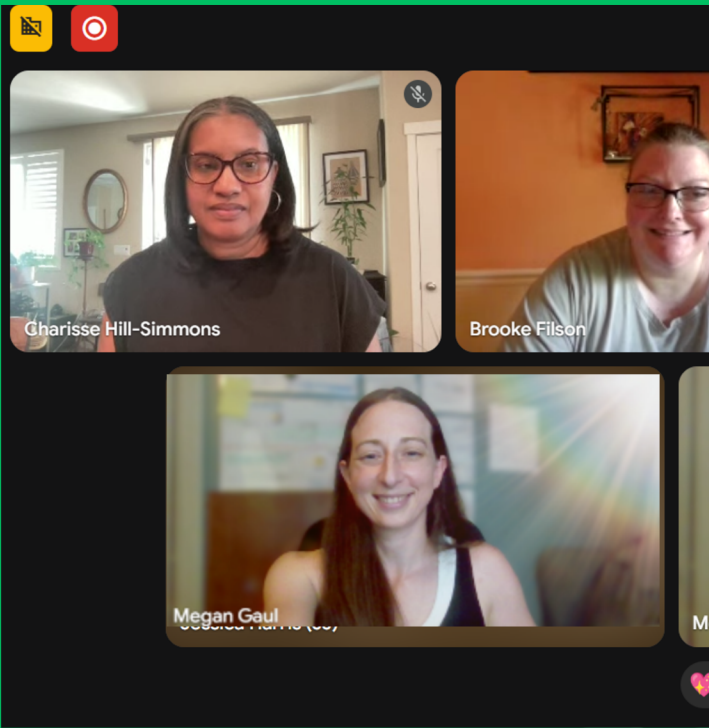
2 A Healthy Relationship
With Restaurants

Tues, Nov 25: 7:30-8:30 pm

Class Link will be Sent Out
1 Day Prior



HOSTED BY
MEGAN GAUL,
TAILORED WEIGHT-LOSS COACH
WWW.PARTAKEMEALPLANNING.COM



RSVP TO:
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MsBunny7@aol.com

This is a **FREE EVENT**