



Healthy Eating on a Budget

Sponsored by <u>Bowdoinham Food Pantry</u> and <u>Bowdoinham Advisory Committee on Aging</u>



When: Wednesdays, 1-2pm

Jan 27, Feb 3, Feb 10, Feb 17

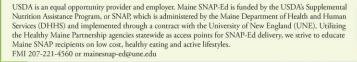
*Snow Date: February 24

Where: **Bowdoinham Fire Station**

We will make (and eat!) a delicious, low-cost recipe at each class and share tips for eating healthy on a budget.

To sign up, contact Patricia Oh, Coordinator of Older Adult Services at poh@bowdoinham.com or 666-5531, ext. 110















Healthy Eating on a Budget

Sponsored by <u>Bowdoinham Food Pantry</u> and Bowdoinham Advisory Committee on Aging



When: Wednesdays, 1-2pm

Jan 27, Feb 3, Feb 10, Feb 17

*Snow Date: February 24

Where: Bowdoinham Fire Station

We will make (and eat!) a delicious, low-cost recipe at each class and share tips for eating healthy on a budget.

To sign up, contact Patricia Oh, Coordinator of Older Adult Services at poh@bowdoinham.com or 666-5531, ext.



