

Wellness♥Wednesdays

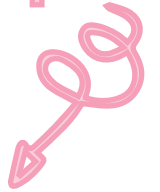


Joseph Connors Senior Center
28 Paterson St. | Community Center

February 22nd | 11:15am



Diabetes Prevention Part 2: Sugar In Its Many Forms



Learn more about hidden sugars in your food

Understand what you can do to help control Blood Sugar- lows & highs



AEROFARMS[®]

Agriculture, Elevated.[™]

Become a Farm Member

Scan the QRC



#HealthierJC