

Free Lunch n' Learn with the Author Event



Guest Speaker Paul Finney
Owner of October Kitchen Chef Service
author of book:

“Undernourished and Over 65
Five Steps to Healthy Living”

THERE IS A SILENT PLAGUE AFFECTING MILLIONS OF OLDER AMERICANS. IT IS EASILY REMEDIATED BUT LEFT UNTREATED CAN LEAD TO DEADLY CONSEQUENCES, INCLUDING HOSPITALIZATION, SLOW HEALING, IMPAIRED COGNITION AND WORSENING SYMPTOMS OF CHRONIC DISEASE. COME DISCOVER THE CAUSES AND CURES TO IMPROVE THE GENERAL HEALTH AND LONGEVITY OF OLDER AMERICANS TODAY.

Thursday August 24, 2017 12noon – 1pm
Entree, salad, bread and dessert will be served at 12noon
RSVP to Canton Senior Center by Friday 8/18/17

Food provided by

**October**SM
Kitchen LLC

CANTON
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