

Alliance on Aging Presents:



“Boosting Your Immune System Through Food and Seasonal Eating”

Mary Ann Wynne Francioni, VNA Health Educator, will discuss how eating certain foods can help your immune system thrive during the upcoming cold and flu season.



“Healthy Lifestyle Tips “

Brian J. Ellinoy, Pharma.D., Interactive Pharmacist Consultant, will provide fun, creative, and effective tips for a healthy lifestyle.

When: Wednesday, August 9, 2017, 10am – 12pm

**Where: Alliance on Aging – 247 Main Street –
Salinas, CA – Old Town**

To register call: 831.655.1334

FYI: Parking in Old Town Salinas can be challenging. If possible consider carpooling or making arrangements for someone to drop you off and pick you up.