



# Tuesday, July 9

11:30 a.m. - 1 p.m.

## Peninsula Agency on Aging

Williamsburg Office

4551 John Tyler Hwy., Ste.101

Williamsburg, VA 23185

### July 9 - Feel Your Best

Come join us to learn healthy cooking tips and kitchen hacks geared for older adults to help you feel your best!

**Presenter:** Heather Jones - Edgeworth Park at New Town

**Lunch Sponsor**



**For more information, contact Peninsula Agency on Aging at (757) 345-6277.**

The Williamsburg Family Caregiver Lunch & Learn Series is offered through a collaborative partnership between:

