

Spice Up Your Life!



Learn how to use herbs and spices to help reduce sodium in our diets. Join us for a fun interactive class. Learn about common sources of sodium that may **startle** you. More herb and spice mix recipes will be available, or you can **brew up your own concoctions**. Does experimenting with herbs and spices seem a little **scary**? As a special Halloween **treat** we will be taste-testing some of the savory and sweet **bites** made with herb and spice mixes. Please reserve your space in advance, to assure we will have adequate samples for participants.

Greendale Monday, October 16, 11:00am **832-8683**

Trailside & Sanford Wednesday, October 18, 12:00pm **633-3790**

Coleman Thursday, October 19, 12:30pm **465-6216**

Mills Wednesday, October 25, 12:30pm **633-3788**

We encourage you to come for lunch before the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642