

ERIE COUNTY SENIOR SERVICES PRESENTS

**FREE COOKING DEMONSTRATION  
& SENIOR PROGRAM OUTREACH**

Tuesday, November 21<sup>st</sup> @ 11:00 AM

**TOWN OF CONCORD SENIOR CENTER**

40 Commerce Drive

**AUTUMN SQUASH & PUMPKINS**



**CHEF JACK GIARDINA**

**Janice Nowak, M.S., R.D., C.D.N., Dietitian Consultant**

**TASTINGS, RECIPES, & MORE!!**

**PLEASE SIGN UP AT THE OFFICE TO ATTEND**

**OR CALL: 597-2741**

**FOR MORE INFORMATION**