

OCTOBER 2023 LECTURES & WORKSHOPS

**Log Cabin Congregate Meal Site 2369 NE Dixie Hwy.
Jensen Beach, FL 34957**

October 4th @ 11:00am:

Tech Basics. Martin County Library System.

Please join Ruth Martucci, Aging Population Program Assistant with the Martin County Library System in learning the basics of how to use current technology.



October 11th @ 11:00am:

Electricity Heating and Energy Assistance Program:

Please join Terrico Poteate, Senior Services Navigator from the Council on Aging of Martin County at the Kane Center to hear about the EHEAP program and how it can be of assistance.



October 18th @ 11:00am:

Nutrition Education, Treasure Coast Food Bank:

Please join Aerielle Burnett, Nutrition Educator for a discussion about proper nutrition and making health choices when it comes to your daily diet.



October 25th @ 11:00am:

Respiration and Your Lungs.

Presentation on respiration and your lungs. Presented by Wanda Frazier, Certified Health Education Specialist.



**FREE LUNCH. ALL EVENTS ARE FREE TO ATTEND.
CALL FRANK AT 772.834.4236 TO RSVP**