



Senior Group 55+

Join us for a *Healthy Living Class for the New Year*

Tuesday, January 21st

12:00 - 2:00 p.m.

Mother Cabrini Room (Enter through door on Wick)

Cost: \$15 (at arrival)



*Enjoy a fresh green salad topped with your choice of meats, cheese, and vegetables. Add some rolls and butter, refreshments and follow it up with a tasty dessert. Then – join the Health & Wellness instructor we’ve invited, **Kathleen Fredyl**, to explore topics like Alzheimer’s Prevention, Regulating Blood Sugar and Lowering the Toxic Load.*

“Uncover some of the possible “Root Causes” behind your health challenges.”

Please RSVP by January 17

Rsurma@surmaco.com or ttardiff@cabriniparish.com

(313) 436-0201

NOTE: Our parish will be hosting ChristNet from February 16th – 23rd. The Mother Cabrini room will house our guests that week and will not be available for our use. So - Please join us again for lunch and laughter on Tuesday, March 18th.