

*Prepare and Share a Nutritious and
Delicious Low Calorie Meal with NRCIL and
Anne Merrill, to Start the New Year Right!*



Tuesday, January 9, 2017, 10:30am-12:30pm

First Presbyterian Church, Lowville

Free to Participate!

Please RSVP by 1/5/18

**For more information, please contact Justin Jones at 315-836-3735
justinj@nrcil.net. Or for a reasonable accommodation, please call**

TTY: 315-785-8704

