

SALT COUNCIL

Presentation



In the *Eastview Mall* Food Court
Refreshments will be served

January 19, 2010

9:00 AM

“How to Spice-Up Your Food Safely”
Patricia Dhondt-Campbell, Nutrition Coordinator
Dana Cordice, Nutrition Cook/Manager

February 16, 2010

9:00 AM

“Heart Month”
Mary Allhusen, RN, BC, Supervisor
Cardiac Rehab – Thompson Hospital

March 16, 2010

9:00 AM

“Pet Therapy for Senior’s”
Gail Furst, K9 Healers

For a Free **911** Cell Phone – Call Donna Parmele at 396-4569

Need Help? Check our Website @ www.co.ontario.ny.us/aging

The **SALT** Council is Seniors And Lawmen Together and is comprised of the Ontario County Chapter of AARP, Local Law Enforcement, and Ontario County Office for the Aging.

For more information, contact:

ONTARIO COUNTY OFFICE FOR THE AGING
(585) 396-4040 OR (315) 781-1321