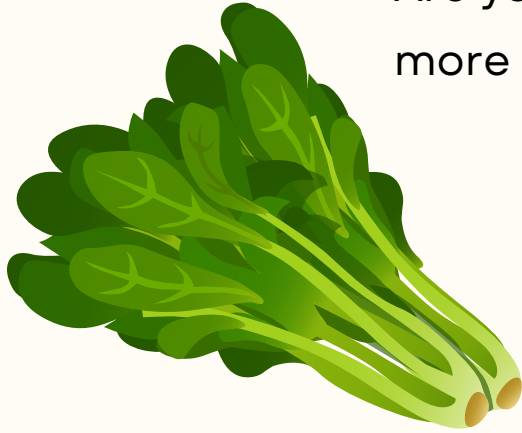


ReFRESHing Wellness 50+

Are you aged **50+** and interested in learning more about how to live a healthy lifestyle?



12 Week Program

2025 Nutrition programs will run from
Mar-May and **Sep-Nov**

Nutrition Education

Cooking Demonstrations

Physical Activity


Participants will be provided seasonal healthy food bags and additional kitchen essentials partnered with hands on cooking demonstrations




TUESDAYS FROM

11-12:30 PM

**FOR MORE INFORMATION
CONTACT A VCU DIETITIAN :**

 Allie Farley, MS, RD
804-217-2811

 Jordan Folk, RD
804-382-3481



**BON SECOURS
SARAH GARLAND
JONES CENTER**

2600 NINE MILE RD
RICHMOND, VA 23223

Ryan White Nutrition Connection

ReFRESHing Wellness

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THURSDAYS FROM

6-7:30 PM

**BON SECOURS
SARAH GARLAND
JONES CENTER**

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