

CELEBRATE NATIONAL NUTRITION MONTH

**Join the NM Aging and Long Term Services Dept.
and Bear Canyon Senior Center on:**

THURSDAY, MARCH 23

8:30–10:30 AM

MULTIPURPOSE ROOM/SOCIAL HALL

- **COME JOIN US FOR A FUN, TASTY, HEALTHY SMOOTHIE BLENDER BIKE ACTIVITY.**
- **BREAKFAST SANDWICHES AND REFRESHMENTS WILL BE PROVIDED. (IN LIEU OF CONTINENTAL BREAKFAST)**
- **A FALL PREVENTION INFORMATION TABLE SPONSORED BY THE UNIVERSITY OF NEW MEXICO.**

