



# what's happening @ PARK SLOPE HADASSAH

## To Your Health!

### Exercise Strategies for the Not-So-Active The Latest in Food Trends



Join Sally Hipscher as she gives us exercise tips for the not-so-active. Elaine Sarfati will take us through the latest food and diet trends. What do they mean? Which diets should we follow? We will each walk away a little healthier.

Bring a favorite healthy dairy dish or dessert, and join us for a pot luck supper.

**Wednesday, March 16, 2016, 6:30 PM**  
**2271 Knapp Street, Basement Recreation Room**  
 (Enter from Whitney Avenue)

**Pot Luck Dairy Supper**  
**\$20 in advance, \$25 at the door**  
**Register on-line with a credit card**

Reply by Friday, March 11 to: Brenda Rosenbaum, 915 East 17th Street (Apt. 201), Brooklyn NY 11230

Reserve \_\_\_\_ seats at Park Slope Hadassah's To Your Health (\$20)

Make checks payable to *Hadassah*. Check # \_\_\_\_\_

I will bring \_\_\_\_\_ to the dairy pot luck supper

\_\_\_ I would like to contribute \$ \_\_\_\_\_ to help sponsor Park Slope Hadassah's events.

\_\_\_ I cannot attend, but would like to donate \$ \_\_\_\_\_ to further the extraordinary work of Hadassah in honor/memory of \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_ @ \_\_\_\_\_