



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 _____ @ _____