



WEDNESDAY

OCTOBER 2ND

10AM - 1PM

NUTRITIOUS & DELICIOUS

JOIN US FOR
HEALTHY COOKING DEMOS,
TASTINGS & RECIPES!

JANET GOESKE CENTER | 5257 SIERRA ST. RIVERSIDE, CA 92504 | 951.351.8800



JANET GOESKE
FOUNDATION

5257 Sierra Street, Riverside 92504

951-351-8800

WWW.JGF4SENIORS.ORG



Fifty & Better Health Fair

FREE Flu Shots ★ Pneumonia Vaccines ★ Health Screenings ★ Wellness Spa ★ Medication Disposal

9:00am - 2:00pm on Wednesday, October 2nd