



WEDNESDAY

**OCTOBER 2<sup>ND</sup>**

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](http://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**