



JOIN US FOR A HEALTHY MEAL AND NUTRITION TIPS

**SOCIAL MEALS FOR OLDER ADULTS-
A FREE EVENT FROM ASCENSION
ELMBROOK HOSPITAL**

Elmbrook Hospital invites you and a guest for a **FREE** healthy meal prepared by our talented chefs. Enjoy a delicious meal paired with expert dietitian guidance and take home recipes promoting better health.



Dietician led presentation



Giveaways



Health experts on hand with valuable information

WEDNESDAY, DECEMBER 3RD

3-5PM

ASCENSION ELMBROOK HOSPITAL CAFETERIA

19333 W. NORTH AVENUE, BROOKFIELD

**Spots are limited! To reserve your place, contact Sarah at 262-785-2293
Or email sarah.pertle@ascension.org**



**Ascension
Elmbrook**

