



TOWN OF  
**Trumbull**  
HUMAN SERVICES

**SENIOR NEWS**  
23 PRISCILLA PLACE  
TRUMBULL, CT 06611  
(203) 452-5199

All Zoom programs can be dialed in or watched on Zoom.  
For assistance, e-mail [agrace@trumbull-ct.gov](mailto:agrace@trumbull-ct.gov)

*Senior Center Serving Adults Age 55+*

## ***Heart Healthy Cooking Demo***

### **Monday, February 22nd**

### **2:00 PM**

Join Director of Community Relations, Lindsay Meyerowitz, from Carriage Green at Milford for a fun, virtual cooking demo of a heart healthy meal.

**Carriage Green**  
at Milford

*A Benchmark Senior Living Community*



To RSVP, please call (203) 452-5199 and leave your name and telephone number. We will contact you as to when to pick up your **INGREDIENT BAG** and provide you with the Zoom Link and information.

You will be able to cook your own heart healthy meal!