



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

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!