



We are excited to provide our first class of 2025!

Healthy Eating for Caregivers

Do you support or care for a parent, spouse, child or a friend? Whether it's 24/7 or occasionally, this makes YOU a Caregiver! This class will provide you with tips and resources to help kick off the new year with a focus on YOU and your health! Healthy eating doesn't need to be boring or difficult and we will show you how!

**Thursday, January 16th
11:30-1:00**

**Cambridge Community Ed
Adult Enrichment Center
540 5th Ave. N.W., Cambridge**

Class is facilitated by Collette Colucci.
Class is free and healthy snacks will be provided.

**RSVP 763-689-6189 or
online at <https://c-ischools.ce.eleyo.com>**

Family Pathways programs are supported, in part, by the Federal Older Americans Act via contract with Central Minnesota Council on Aging under an area plan approved by the MN Board on Aging, local donors, cost share contributions and profits from Family Pathways thrift stores.