



SALADS & SWEETS IN THE SUKKAH



Monday, October 2

6:30-8:30 pm

Come hear nutritionist Dianne Rishikof
from Health Takes Guts Inc.
speak about straightforward ways to look at
food that cut through the confusion
and lead to vitality, longevity,
and lowering risk of all diseases.

Healthy habits for women, as we age,
will also be discussed.

Bring all your burning questions too!

Please RSVP by September 22 to
tiofnaticksisterhood@gmail.com

