

Want to try something new?

**Kingsborough Community College in Collaboration with
The National Council on Aging presents**

Two FREE Inspirational Online Programs using ZOOM!

1

***Mastery aging through learning the details of
gut health & diabetes.***

The course will discuss the way our bodies digest and the immune system response.

Wednesday May 27, Time: 11:30am – 12:30pm

2

Cooking Through Quarantine to Boost Immunity

This 4 week culinary series featuring healthy, plant-based recipes that will not only taste great but will nourish the body as well.

Wednesdays June 3, 10, 17, 24 Time: 11:30– 12:30pm

TO REGISTER: CALL: 718 - 368 - 5079

EMAIL: Susan.Lavin@Kbcc.cuny.edu

Aging Mastery Program: *Live Well Do Well Age Well*

Funded by Council Member Justin Brannan for District 43 Residents ,

Council Member Eric Ulrich District 32 Residents and The National Council on Aging