



DEMYSTIFYING FOOD TRENDS

Monthly Healthy Food Lectures and Cooking Demos

Healthy eating trends are constantly changing. Ever wonder which ones are right for you? Join Min Krishnamurthy, an in-store Nutritionist with Giant Foods, she explains the season's hottest flavors and food trends. Each session includes an interactive tasting experience that will awaken your senses. These events, co-sponsored by Beatley Central Library and Senior Services of Alexandria (SSA), are free. However, participants must register ahead of time. To RSVP, contact SSA at seniorservicesalex.org or 703.836.4414 x 110.



EXPLORE TODAY'S
HEALTHY FOOD
TRENDS & DISCOVER
WHICH ONES ARE
RIGHT FOR YOU

TASTE HEALTHY
DISHES & LEARN HOW
TO RECREATE THEM AT
HOME

MEET AT BEATLEY
CENTRAL LIBRARY
FROM 2:00- 3:30 PM

JANUARY 22, 2019

RSVP TODAY!

2019 SCHEDULE
FEB, 26; MARCH 26; APRIL
23; AND MAY 28
(SUBJECT TO CHANGE)

BEATLEY CENTRAL LIBRARY
5005 Duke Street
Alexandria, VA 22304

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alexlibraryva.org