

Young at Heart Discussion Group
Lions Village
Tuesday, February 27
1 – 2:30



Nutrition and Meal Planning
Guest Speaker: Bayan Sharafi

“Muscle Insider” **Best Protein Chef 2017** and Personal Trainer

“I love to show people that you can have variety and amazing flavours with healthy foods within your daily caloric intake,....but also supply nutritious ingredients and satisfy your taste buds.”

Cooking style: Healthy, made from scratch

EVERYONE WELCOME!