



**Do you know what Kefir is?
Have you ever seen it in the grocery store
and wonder what it tastes like?
If so, come listen to Kelly Satori, RD talk about
all the health benefits of this yogurt-like drink.**

Samples will be provided and examples of
ways to include it into your daily meals.

Chilton City Hall

42 School Street, Chilton

**Thursday: November 18th presentation 11:15am-
meal 11:30am**

Stockbridge Village Hall

175 S. Military Road, Stockbridge

**Tuesday: November 30th presentation 10:45am-
meal 11:00am**

New Holstein Senior Center

1819 Park Avenue, New Holstein

**Thursday: December 2nd presentation 11:15am-
meal 11:30am**

Brillion Community Center

120 Center Street, Brillion

**Wednesday: December 8th presentation 11:15am-
meal 11:30am**

Hilbert Village Hall

26 N Sixth St, Hilbert

**Friday: December 10th presentation 11:30am-
meal 11:45am**

If you wish to attend a lunch and learn, call the
ADRC at 920-849-1451 no later than noon
the day before the presentation .

****Lunch and Learns are for those who are
60 years of age or older.**