



# HOW TO BOOST YOUR IMMUNE SYSTEM?

## JOIN US FOR OUR DECEMBER COFFEE & SPEAKER SERIES!

UPCOMING EVENTS | DECEMBER COFFEE & SPEAKER SERIES:

### Tips for a Healthy Immune System

*Presented by Amanda Walljasper-Tate  
– owner of the Daily Apple*

**Date:** Tuesday, December 6th  
**Time:** 9:00am-10:00am (with presentation starting at 9:30am)  
**Where:** Ecumen Meadows – South Dining Room  
**Address:** 1801 Collegeway | Worthington, MN 56187

**Description:** Join us for our **December coffee & speaker series – Tips for a Healthy immune System.** Amanda, the owner of *The Daily Apple* health food store, will share about popular products for this year, and healthy tips to boost your immune system this holiday season.\*

**Coffee & snacks served at 9am – presentation at 9:30am.**

#### RSVP REQUIRED:

DeniseErwin@ecumen.org | 507-343-7141

HOSTED BY:

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## Meadows

Assisted Living | Memory Care | Respite Care

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