

# Get Your Plate In Shape!

Join us  
*as we celebrate*  
**National Nutrition Month**  
*with a*

## **FREE Workshop & Food Tasting**

*at the*  
**Gurwin Jewish~ Fay J. Lindner Residences**  
**Assisted Living Community**  
50 Hauppauge Road, Commack

**Wednesday, March 14, 2012**  
**2:30 pm - 4:00 pm**

### *Our Panel Includes:*

**Dr. William Palumbo, DCN, MS, RD, CDN, LNHA**  
**from Morrison Senior Dining**

**Jenny Starr, RD**

**Scott Nussbaum, Executive Chef, Lindner Residences**



*Care you expect in a home of your own.*

**Seating is limited.**

**For more information or to make reservations,  
call (631) 715-8268 or email [lindnerresidences@gurwin.org](mailto:lindnerresidences@gurwin.org)**