



密西根美华协会

Association of Chinese Americans, Inc.

4750 Woodward Ave. Detroit, MI 48201

Tel: (313) 831-1790

Caregiver Support Workshop:

Improving the Immune System through Healthy Diet



Learn how you can **Eat Smart and Live Strong.**

Talk about easy ways to make smart food choices and exercise more.

学习如何使您可以**吃的聪明，活的更健康。**

谈谈选择简单又明智的食物与多做一点运动。

日期 / 时间: 04/18/2013 上午 11:00 至 中午 12:00 (星期四)

Date / Time: 04/18/2013 11:00a.m. – 12:00p.m. (Thursday)

地址: 4750 Woodward Ave., Room #212, Detroit, MI 48201

**Lunch provided (Free of charge)*

This seminar will be held in Mandarin.

Please call 313-831-1790 if you plan to attend.