

**JOIN US!**  
**HEALTHY  
COOKING  
DEMO**

Tuesday  
October 12<sup>th</sup>, 2021  
1:00 p.m.



517 Jefferson Street, East Greenville

*Teri Wassel, MS, RD from the Montgomery County Health Department will be back at The Center for the first time since 2019!*

Teri will present an in-person **Autumn Salads** cooking demonstration. You will be amazed how great fall salads can be with only six ingredients and 30 minutes of prep time! This dish will liven up any weeknight dinner.

***Registration required by October 8<sup>th</sup>.***

***Call 215.679.6550 or email  
center@theopenlink.org.***

***Space is limited.***



***Help us update our information!*** Can you believe it's been 1-1/2 years since our doors closed and we started mailing newsletters? We have tried to keep up with adding new participants and updating contact information. We currently mail newsletters to 170 addresses! Help us make sure we're up-to-date!

Please provide your contact information and tell us how you want to receive newsletters. We encourage you to select email if possible to *help us save postage!* Return this form:

- In-person
- Drop in our mailbox
- At any drive-thru activity
- In the mail

The Center, 517 Jefferson St., East Greenville, PA 18041

**HOW DO YOU WANT TO RECEIVE NEWSLETTERS?**

**(Circle one)**

**In-Person**

**Drive-thru**

**Email**

**In The Mail**

Name(s):

Phone #:

Email:

Address:

## A Fall Risk Screening and Prevention Program

October 18<sup>th</sup> and October 25<sup>th</sup> | 9:00 - 11:00 AM

*Sign up soon!* Space is limited. RSVP: Call 215.679.6550 or email [center@theopenlink.org](mailto:center@theopenlink.org)

This **in-person class** will provide you with a screening, assessment, and education and tools to reduce falls and improve your overall health.

Masks required for all in-person activities.



Basket Raffle

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Enter *anytime* during October.

Winners will be drawn Friday, October 29<sup>th</sup> after the Drive-thru Harvest Festival.

Baskets will be on display all month at The Center and at the Drive-thru Harvest Festival. Purchase tickets at any in-person or drive-thru activity throughout the month. Or return this form to The Center with payment.

Name(s): \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Check all that apply: ☐ **Raffle Baskets** ☐ **50/50** \*Write number of tickets below \_\_\_\_\_

### Raffle Baskets:

- \_\_\_\_\_ Fall Fun with Mum
- \_\_\_\_\_ Football Game Snacks
- \_\_\_\_\_ Cozy Comforts - snacks, hot beverages, fuzzy socks, more



### 50/50:

Quantity: \_\_\_\_\_

The winner receives 50% of the money collected. The other 50% goes to The Center.