



# ***INTERESTED IN MAKING SMOOTHIES?***

Join fellow MCBA members for a fun and interactive lunch & learn featuring Terri Orr, Certified Health Coach, RYT. Lunch, smoothie samples and recipes will be provided.

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Wednesday, March 20 | 12:15 to 1:15 p.m.

The Rubin Center for Education -- One W. Main Street - 5th Floor

Cost: \$5 per person

RSVP to Liz Novak at [enovak@mcba.org](mailto:enovak@mcba.org)

by Friday, March 15 and pay at the door!

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Visit [www.mcba.org/calendar/](http://www.mcba.org/calendar/) for more information.