



Health-wise Community Conversations Join us on this Culinary Adventure!

Event

DATE: Thursday, June 1st
from 3:30 – 6 pm.

WHERE: St. Clare's Newport
309 Spring Street
Newport, RI

Home Care Assistance of Rhode Island in partnership with St. Clare's of Newport invites you to a culinary adventure with chef **Brett Mayette** from Conscious Cuisine. Brett will teach us how to incorporate wild plants (super foods!) into our diets. Come and sample delicious recipes like spanakopita with wild greens, green juice with wild greens, wild green pesto sauce and more! Engage in fun conversation about healthy eating.

And **Samantha Fuimarello**, RN from Home Care Assistance of Rhode Island will talk about the importance of nutrition as a cornerstone of health, especially in the evolution of dementia.

Space is limited. \$5.00 for early registration

<https://www.eventbrite.com/e/health-wise-community-conversations-a-culinary-adventure-tickets-34833299336>



ST. CLARE NEWPORT

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