



PRAIRIE BAND ELDER CENTER

PRESENTS:

Tea for Two

Wednesday,
10/27/2021 Noon - 1:30

PBPN Elder Site
15372 K Road
Mayetta, KS 66509

Almost half of the added sugars in our diets come from drinks—like sodas and other sweetened beverages.

Tandy Rundus, RDN will be sharing how to limit calories from added sugars—and still enjoy the foods and drinks that you love.

We will have a visual display of sugar in everyday beverages and will be sampling natural ways to infuse water. There will also be door prizes!

Sponsors -PBPN Elder Center
Tribal Food System
KSNAF Program
SPTHB

