



NEWS

FOR IMMEDIATE RELEASE

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Belmont Parks & Recreation Department

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www.belmont.gov

"Enhancing the quality of life for the community"

Belmont, CA –

For News:

"Healthy Eating Cooking Demo-Recap Story"

Healthy Eating with Ease was discovered today by over 60 participants at the Twin Pines Senior & Community Center. Guests learned about what to buy and how to eat with take home recipes & tips from the sponsors. Personal Chef Helen Gruener demonstrated her healthy eating cooking tips and a delicious lunch was enjoyed by all. The event was co-sponsored with Matched Caregivers, The Gourmet Girlfriend, Mills Estate Villa, Heritage Residential Care and the Bluebelle Concierge. For further information, please call: (650) 595-7444. (Photo by Laura Guluzzy)

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