

**Are You Getting  
Enough?**

**Vitamin**

**D**

## **Vitamin Delicious!**

Vitamin D builds healthy bones and teeth and helps keep our immune systems raring to go. But those aren't the only reasons it's important. Come join us and learn more about the many ways that the "sunshine vitamin" affects your health!

**First Congregational Church  
November 28**

*Free Class and Supper*

Cook with us from 3:00 - 5:00pm  
Learn with us from 5:15 - 6:15pm  
Eat with us anytime from 5:00 - 6:30pm

**Presenters:**

Mary W. Zabaracki, MPH, RD, CDE  
Clinical Dietitian & Diabetes Educator

Kim Falter, Holistic Nutritionist

**Kim and Mary will be discussing:**

- ☑ what Vitamin D is,
- ☑ how we can make sure we get enough - both from diet and supplements,
- ☑ delicious ways to prepare Vitamin D rich foods.



Cook County Public Health & Human Services

**Sawtooth Mountain Clinic**  
Together Through Life  
a 501(c)(3) not-for-profit organization