



**HealthTrack**  
SPORTS  WELLNESS  
PRESENTS

# Let's Talk Turkey

*with HealthTrack member, Mary Clingman*

With Thanksgiving around the corner, now is your chance to join Mary Clingman for a special food seminar all about how to cook the perfect turkey for your family, friends, and guests this holiday season! In addition to cooking ideas, you'll also learn about turkey safety and enjoy free samples. You'll even be able to pick up a special cooking thermometer at a great discount.

**TUESDAY, NOVEMBER 13<sup>TH</sup> AT 10:30 AM** in the lounge  
**SIGN UP OUTSIDE THE MEMBERSHIP OFFICE**

