



Food and Fitness Basics: Small changes for a healthier lifestyle

When:

June 20, 2019

At 6:00PM—8:00PM

Where:

Seasons 52

1770 East Higgins Road

Schaumburg, IL 60173

Learn how small changes, such as managing portion sizes and engaging in the right physical activities, can improve the overall health in people with bleeding disorders.



For Questions, please contact Adrienne
Beer at abeer@bdai.org or 312.427.1495

RSVP at <http://bdai.org/events/>