



VOLUNTEER **HOSPICE** OF CLALLAM COUNTY

SHOPPING & COOKING FOR ONE

“Living Alone Now” Series

Wednesday June 13 – 2 to 4 pm

Hospice House, 810 S. Albert St., Port Angeles

Dr. Carolyn DeSalvo & Rosalinda Castiglioni will address:

- *Challenges and benefits of solo eating*
- *Good menus for good nutrition*
- *Cooking or ready-made?*
- *Shopping in small quantities*
- *Leftovers and storage*

*Practical advice to anyone who lost a life partner and faces
the challenge of living alone*

Free – space limited – Registration: 360-452-1511