GROUP MEETING

The next meeting of the Health Bits Group will be held on Saturday, May 17, at the Glenview Recreation Center (440 Cedar Street) from 11:30 a.m. to 3:00 p.m. A deli luncheon will be served. The guest speaker, Sean Riverton, will discuss how to keep our environment healthy.

MEMBER DISCOUNTS

Beginning May 1, Health Bits Group members are entitled to a 10 percent discount on regular price products at these stores: Office Warehouse, Simply Nutrition, and The Sports Center. To receive the discount, show your Health Bits Group membership card at the time of purchase.

NEXT ISSUE

Next month’s issue of Health Bits will discuss hay fever and other pollen-related allergies.