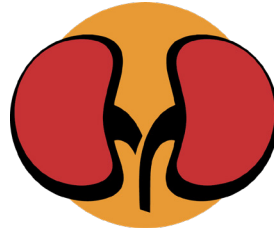




Linked in Friendship, Connected in Service
Flint Area (MI) Chapter



black K.A.R.E.
KIDNEY AWARENESS RESOURCES & EDUCATION

The Flint Area (MI) Chapter of The Links, Incorporated in partnership with the Black K.A.R.E. (kidney awareness resources & education) initiative present



A Virtual Healthy Cooking Demonstration:

Cooking with Tank

Flint Fireman and Chef

Friday, December 10, 2021, 7pm

The first 30 to register AND attend the Zoom cooking demonstration will receive a gift certificate.

To REGISTER

Email: Your name and phone number to flintarealinks@gmail.com
in the subject put **Cooking 12/10**

Call: (810) 742-0918 and leave your name, phone and email address

Studies show that eating whole grains, nuts, fruits and vegetables is one of the most important ways to keep kidneys healthy.

The Links encourage you to learn more about kidney health by visiting the Black K.A.R.E. page at flintarealinksinc.org