



# Fabulous Flaxseed

Join The Lunch Ladies

Wednesday, May 26th, 2010  
@ 12:30 pm

Rice Lake Senior Center  
12 W. Humbird

Learn about Flaxseed and . . .  
. . . The history of its use  
. . . What makes it so healthy  
. . . How we can cook with it  
and add it to our diets  
. . . Sample some tasty treats  
using flaxseed.

*Plus... We'll demonstrate the  
One-Minute-Microwave Muffin!*