



ENCORE CAFE

Encore Cafés in Marion and Cedar Rapids!!

Encore Café is a new and innovative way to get “your second call at enhancing your health”.

Encore Café features:

- Choice menu and salad bar catered by The Marion HY-VEE ranging from turkey and mashed potatoes to pasta and tacos
- Evidence based programming (Chronic Disease Self-Management, Tai Chi, Stepping On, Water Aerobics and much more)
- A1C testing, Nutrition & Diabetes Education
- Nutrition Counseling

Locations

Marion Public Library open on Monday's & Fridays from 11:30a-12:30p

Marion Lowe Park open on Wednesday & Thursday's from 11:30a-12:30p

St. Marks United Methodist Church open Tuesdays from 11:30a-12:30p

\$5.00 Suggested Voluntary Contribution for those over 60

\$8.00 per meal for those under the age of 60

Encore Café is your one stop shop for nutrition, health education and socialization time with friends!

Reservations are highly recommended and should be made by 3:00pm the day before.

Call 319-398-2585 to make a reservation

