



Home Delivered  
High-Quality Gourmet  
Meals for Seniors

## Elmwood Kitchen

March, 2007

Free  
**HEALTHY**  
Lunch and Dinner  
To All Seniors  
Who  
Are Transported  
to the Expo by  
**ELMWOOD KITCHEN**

### **Diabetes Expo**

The Largest EXPO Dedicated to People  
with Diabetes Featuring...  
Exhibits, Exhibits and More Exhibits  
Health Screening, Exercise Demos,  
Questions Answered by Medical Profes-  
sionals, Free Product Demonstrations  
and Samples, Kids World, Cooking Dem-  
onstrations, Free Drawings and More!

FREE ADMISSION  
BRING A FRIEND

For more information,  
please contact:

**Patrice Freeman, Manager**  
Elmwood Kitchen, LLC  
1086 New Britain Avenue

Dear Healthcare Providers, Apartment Man-  
agers, and Friends of Elmwood Kitchen,

Do you know of a **Senior with Dia-  
betes** who lives in **Hartford**? Would they  
like to attend the **DIABETES EXPO on**  
**Saturday, April 21st at the CT Expo Cen-**  
**ter, 10 am - 3PM.**

**Elmwood Kitchen**, a gourmet  
meals-to go service for Seniors in West  
Hartford is partnering with the **American**  
**Diabetes Association** to provide **FREE**  
**TRANSPORTATION to seniors living in**  
**Hartford** for this event. Buses will be  
available in the AM and early PM on April  
21st to pick up Seniors at the following  
apartment complexes, drop them off at the  
Expo and return them to their apartment  
about an hour or two later.

The pick up locations are: Shephard Park,  
Smith Towers, St. Monica's Elderly Hous-  
ing, Tuscan Homes, Ten Marshall St., Mary  
Caruso Gables, Almere and SANA Apart-  
ments.

The success of this plan depends greatly on  
the extent to which the healthcare commu-  
nity gets the word out to Hartford Seniors  
with Diabetes. Please post this message on  
your bulletin board, encourage attendance  
and call Elmwood Kitchen with questions.

To print out this information for your bulletin board, [click here](#).

To view the Web Page for Hartford's Diabetes Expo, [click here](#).

To view Elmwood Kitchen's menu, [click here](#).

To view Elmwood Kitchen's brochure, [click here](#).

To remove your name from our mailing list, please [click here](#).