



## Helping The Aging, Needy and Disabled Inc.

### Up-coming Events

#### Caregiver Academy Session Two "Understanding Nutrition"



Wednesday, August 11<sup>th</sup>  
9:30 am to 11:30 am

**Admission: Free**

**\*Respite Care available**

Parsons House Austin  
1130 Camino La Costa  
Austin, TX 78752

#### Speakers:

**Megan Anderson**  
Registered Dietician  
Certified Diabetic Educator  
Austin Heart Hospital

**Monica Escobar, MSHS, RD, LD**  
Nutrition Education Manager  
Capital Area Food Bank of Texas

- ❖ Nutrients on food labels and their function
  - ❖ Adapting meals for people with dietary restrictions
  - ❖ The four basic food groups
  - ❖ Common tips for eating well
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### **“Southern Favorites”**

***Nancy Buchanan, Central Market  
Cooking Instructor  
and her mom, Lorie Marr share recipes  
from summers at the beach.***

Saturday, August 21  
10 am to 12:30 pm

**Admission: \$45.00 per person**

Central Market Cooking School  
4001 North Lamar Blvd.  
Austin, TX 78756

**Menu includes:**

*Texas Gulf Shrimp Boil with Cocktail Sauce  
Fried Catfish with Tartar Sauce  
Mom’s Fried Patty Pan Squash  
Sweet Summer Creamed Corn  
Texas Peach cobbler with homemade Vanilla Ice Cream*



EURO CAFE, WINE PAIRING BAR  
CHOCOLATE & GELATO HOUSE  
*Where Everyday is Valentine’s Day!*

### **“Get Nutty at Viva Chocolate and Lend A Helping Hand”**

**H.A.N.D. will receive 20% of the sales on all “nut flavored gelato “**

- ❖ Pistacchio
- ❖ Milk Chocolate Hazelnut
- ❖ Mascarpone Carmel Pistacchio
- ❖ Dark Chocolate Peanut butter
- ❖ Peanut Butter Cup
- ❖ Bounty-Chocolate Hazelnut & Coconut

**Viva Chocolate**

Located at The Domain  
3401 Esperanza Crossing

**Austin Tax Free Weekend**

Friday, August 20<sup>st</sup>  
8 am till midnight

Saturday, August 21<sup>st</sup>  
8 am till midnight

Sunday, August 22<sup>nd</sup>

Noon till 10 pm

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**Plucker's Wing Bar**

Tuesday, September 14<sup>th</sup>

At Both These Locations

11 am till 10 pm

**You MUST tell your server that you are there on behalf of H.A.N.D. in order for us to get credit**

**We will receive 20% of food sales (excluding alcohol)**

**South Lamar**

3909 South Lamar

Austin, TX 78704

**Round Rock**

300 Mays Crossing Suite 300

Round Rock, TX 78664

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