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**October 19, 2009**  
**Press Release**

**FOR IMMEDIATE RELEASE**

**HEADLINE**

## **Special Senior Presentation - The importance of Vitamin D**

Please join The Mayor's Council on Aging and Mystic Valley Elder Services for a special presentation about vitamin D. Candace Quigley a registered dietician, will provide information about why vitamin D is so important to our health and well being. The presentation will be on Tuesday November 10 at 11am at The Connolly Center. For more information please call Dale at 617 394 2323

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For additional information please contact Matt Laidlaw, Director of Communications, City of Everett.

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