



Active Minds®

Presents

The Story of Salt

The word “salary” comes from “salt” and indicates the historic value placed on this important commodity. Used as a method of trade and currency, the role of in the history of civilization



salt

cannot be overstated. Join Active Minds as we tell the story of salt, from its key role in preserving food, to its influence in political conflict, to modern angles including gourmet salt and health concerns surrounding high blood pressure. It’s a salty tale indeed!

Date: Thursday, January 28th
Time: 1:00 pm

Two ways to join:

With Internet: Connect via the Internet (using computer, tablet, smartphone):

- Go to www.zoom.com then click “Join a meeting”
- Enter this Meeting ID: **829 0690 4678** and click “Join”
- Click OK if it asks to launch Zoom or something similar
- Enter meeting Passcode: **754904**
- When prompted to join audio, select computer or internet audio (do not select dial-in)

Without Internet: Connect by Phone (audio only):

- Dial 720-707-2699
- When prompted enter the Meeting ID: **829 0690 4678 #** (spaces for easy reading)
- Then press # again when it asks for participant number

This program is brought to you by the Castle Rock Senior Center and Active Minds. Expanding lives and minds with community based educational programs.