



# **FREE Lunch & Learn!**

***“Your Health, Your Greatest Wealth”***

***Tuesday, October 17, 2017  
11:00am – 1:30pm***

**at the  
Martin Luther King Jr. Center  
313 Greenhaven Drive, Lenoir, NC**

**Lunch provided by Brookdale Lenoir  
Assisted Living and Gateway  
Rehabilitation and Healthcare.**

**Register by Friday, October 13 by  
calling 758-2883!**



## **PROGRAM AGENDA**

**“Cancer in Older Adults”**

***Dr. James Hathorne  
McCreary Cancer Center***

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**“How Important is Sleep?”**

***Dr. Glenn Burris  
Caldwell Sleep Center***

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**“Feed Your Spirit”**

***Mary Lloyd, VAYA Health***

**“Living a Brain Healthy Life”**

***Julie Cook Walker  
Alzheimer’s Association***

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**“Yoga for the Body”**

***Miriam Fullam  
Quest 4 Life Wellness Center***

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