

Healthier Lifestyle-Healthier YOU

LUNCH &
LEARN

FREE EDUCATIONAL
PROGRAM
for Adults 50 and up
& Caregivers

Great
door
prizes!

Ridgeview Recreation Center

115 7th Avenue SW Hickory, NC

Thursday, April 11, 2019

11:00 am - 2:00 pm

RSVP by Friday, April 5 to reserve your lunch.

Contact Ridgeview Recreation Center (828) 324-8007.

GUEST SPEAKERS TO INCLUDE....

Dennis Stamper - Spiritual

Erin Thompson - Drum Stick Exercise

Andrea Sherrill - Nutrition

Christie Yovetich - GentleYoga

Event will also feature an
interactive inflatable colon...



*Special thanks to Frye Regional Medical Center
for sponsoring the lunch*

**FRYE REGIONAL
MEDICAL CENTER**

A Duke LifePoint Hospital

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"We work so others can play"

