



ADVOCATES *for* Senior Issues

LUNCH & LEARN

FRIDAY, MAY 19TH

@ 12:15 PM

FOLLOWING AFSI

Location:
The Salvation Army
Kroc Center

LUNCH WILL BE PROVIDED!

STAYING ACTIVE AND HEALTHY

A discussion of how to slow or stop the loss of physical function and stay active. How to evaluate the aches and pains you may be experiencing, what to do about it, and when to seek help. A simple approach to increase your ability to stay active and healthy.

REGISTER BY MAY 12TH!
EMAIL: SHERIH@AAAWM.ORG
OR CALL 616-222-7015

