

HEALTHIER LIFESTYLE- HEALTHIER YOU

Free Lunch & Learn for
Older Adults & Caregivers

Ridgeview Recreation Center
115 7th Ave. SW Hickory, NC

Thursday, April 27, 2017
11:00 AM-1:00 PM

FREE lunch provided by
Guardian Health Services

PLUS - Door Prizes!

PROGRAM

Be Kind to Your Mind

Dr. Sidney L. Myles
Internal Medicine & Psychiatric Care
of the Piedmont

Health Comes from the FARMacy Not a Pharmacy

Lynn Winkler
Registered Dietitian/
Food & Nutrition Services Director
PACE@Home

Keeping Exercise Simple!

Andrea Nixon & Kyle Mishler
Hickory Parks & Recreation



Hickory, NC | Asheville, NC | Columbia, SC



Hickory Parks & Recreation Department



Life. Well Crafted.

RSVP required to reserve your lunch.
Please RSVP by April 24, 2017.
Contact Ridgeview Recreation Center
at (828) 324-8007.