

Landon Center on Aging

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 145

Eat Well and Be Merry: Making the Holidays Healthy and Happy

December 1, 2004

Presenter:

**Noreen Thompson, RN, MSN, CS, ARNP
Consultation Liaison Nurse**

Are the Hallmark version of the Holidays getting on your nerves or getting you down? Do you dread going into more debt to get through yet one more holiday season...not to worry just come to hear an overview of ways to simplify the season and be happier and healthier too!



***Bring a lunch and enjoy the presentations. Refreshments and dessert provided.
Free, convenient parking.***

***Call Matt Chandler at 913-588-3094 to RSVP
Space Is Limited***