

Theo & Alfred M.  
Landon  
Center on Aging

**Brownbag Lunch Series**

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

***Keeping Fit with Food and Exercise***

***March 2, 2005***

**Presenter: Marilyn Lucas, RRD, EdD,  
Retired Professor  
Rebekah Mani, MS, RD, Retired**

Keeping fit is not easy for seniors, but two seniors have designed a helpful, humorous and interesting message and discussion for you. Join us for information about food and fitness.



<http://www2.kumc.edu/coa>

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.**