

Loving and Living Life:

Promoting Activity to Improve Mental Health

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

February 14, 2007

Presenter: Nancy Trout, LSCSW

Eleanor Roosevelt was right: "Life has got to be lived - that's all there is to it." Staying active intellectually, emotionally, socially, and physically improves our outlook and our spirit. Join a discussion which validates the concept that activity, in many forms, improves the mood.



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



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Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.