

# 21st Annual Healthy Living Series

**“Caring for Ourselves and Others”**

**Friday, April 11, 2014**

**9:00 a.m.-11:30 a.m. (Registration begins at 8:30 a.m.)**  
**Lincoln County Senior Center**

**Tuesday, April 15, 2014**

**9:00 a.m.-11:30 a.m. (Registration begins at 8:30 a.m.)**  
**East Lincoln Community Center**



**Guest Speakers On:**

**\*Medication Management  
\*Exercise; \* Medicare Updates  
\*Care-Linc Services  
\* Nutrition/Light Healthy Snack Provided**

**Goodie Bags----Door Prizes**

**Please call to register:**

**704-732-9053**

**Coordinating Agencies:**

**Lincoln County Senior Services / Lincoln County Health Department  
Lincoln County Home Health / Lincoln County Cooperative Extension  
Lincoln County Parks & Recreation**

