

# 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**

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**Coordinating Agencies:**

**Lincoln County Senior Services / Lincoln County Health Department**

**Lincoln County Home Health / Lincoln County Cooperative Extension**

**Lincoln County Parks & Recreation**

