

YOU'RE INVITED

Lockwood Lunch & Learn Series



*Special
event
invitation!*

Senior Nutrition **Thursday, March 28th** **12:00 p.m.**

Join us and learn how the foods you choose can make a difference in your overall health and wellbeing.

RSVP by March 24th

Downsizing and De-cluttering **Thursday, April 25th** **12:00 p.m.**

Join us for tips on preparing for a move or just simplifying your own home.

Presented by Caring Transitions

RSVP by April 21st

Benefits of Exercise **Thursday, May 16th** **12:00 p.m.**

Learn now even simple movements can help you maintain your independence, avoid falls and manage chronic conditions.

Presented by Activities Director Candace Carlson

RSVP by May 19th

Lunch will be served at all events.
Community tours will also be offered.



**RSVP for you and
a friend today!**
(810) 744-9400

Full-service Independent Living

2173 South Center Road, Burton, MI 48519



www.LockwoodSeniorLiving.com