



Third Thursday
WELLNESS SERIES

THURSDAY, APRIL 15

6:30 – 7:30 PM

IN THE COMMUNITY ROOM

LIGHT REFRESHMENTS WILL BE SERVED AND
A STORE TOUR WILL FOLLOW THE EVENT

FREE TO ATTEND

Debbie Gore is a motivational speaker, culinary instructor and cookbook author who encourages easy, healthy, and delicious meals utilizing the superfoods. Debbie will discuss fresh ideas for incorporating nutritious foods into your family's lifestyle. Join us in the community room for an interactive discussion on the superfoods.

SPACE IS LIMITED, PLEASE CALL 469.241.8300 TO RESERVE YOUR SPOT