



LUNCH AND LEARN


Tuesday, August 21, 2018 10:45 a.m.

Williams Memorial UMC
4000 Moores Lane Texarkana, TX

Speaker: Christy Gallegos – HealthCARE Express
“Keeping An Active Mind”

Entertainment: Cowhorn Creek Estates Choir

Lunch & Dessert provided by: HealthCARE Express
Tea provided by: McAlister’s Deli

A photograph of a red plate and a yellow shovel on a sandy beach. The plate is on the left, and the shovel is on the right, with its handle crossing over the plate. The background shows a sandy beach and a clear sky.

Lunch \$4 per person
Blood Pressure Checks by: Hospice of Texarkana
Cholesterol & Blood Sugar Checks by: Christus St. Michael
Service for Aged 60 and Above
Sponsored in part by:
Williams Memorial UMC * Ark-Tex Area Agency on Aging



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