



# *Lunch and Learn*

*February 20, 2018 10:45 AM*

Williams Memorial United Methodist Church  
4000 Moores Lane, Texarkana TX

Entertainment: CHRISTUS Harmonics  
Speaker: Chris Ritchie - Spirit of St. Michael  
“Know the Warning Signs of a Heart Attack”

Lunch and Dessert Provided by:  
MRC Cornerstone Retirement Community

**Lunch \$4.00 per person**

**Blood Pressure Checks by: Hospice of Texarkana**

**Cholesterol & Blood Sugar Checks by: Spirit of St. Michael**

**Service for Aged 60 and Above**



Sponsored in part by: Ark-Tex Area Agency on Aging  
and Williams UMC  
RSVP 800-372-4464