

# LUNCH AND LEARN



JANUARY 16, 2018 10:45AM

**Speaker: Chris Ritchie**  
**Spirit of St. Michaels**

**Topic: "Know the Warning Signs of a Heart Attack"**

**Entertainment: Cowhorn Creek Estates Choir**

**Lunch and Dessert Provided by:**  
**Christian Care Center of Texarkana**



Lunch \$4.00 per person

Blood Pressure Checks by:

Hospice of Texarkana

Blood Sugar Checks by:

Spirit of St. Michaels

Sponsored in part by:

Williams Memorial UMC and

Ark-Tex Area Agency on Aging.

800-372-4464

