



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET AHEAD OF YOUR AGING BRAIN

Lunch and learn for all ages

Pack a lunch and join us in the Community Health Room. Guest speaker, Nichole Bartrug, will share how staying physically active, socially engaged, and learning new things is good for your brain.

When: March 2

Where: Community Health Room

Time: 12:00 - 1:00 pm



Contact: Cathy Mason 803-774-2507



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Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.