



3rd Annual Senior Spring Workshop

Your Health: It's not just about following doctor's orders!

Saturday, March 21st

9 am to 12 pm, followed by lunch

First Parish Church Yarmouth

Free blood pressure checks
offered by Brentwood Center for Health and Rehab

Keynote

Peggy Cyr, MD, MA Maine Medical Partners, Family Medicine

How to partner with your provider

Kris Lindsey, Registered Dietitian Nutritionist

Mainely Nutrition

Eating well for 1-2 people

Senior Peer Panel:

Sensible exercise

Meet Yarmouth's Resource Specialist:

Zany Holman

Table displays, giveaways, recipe exchange, door prizes.

Lunch provided by Sue Rowe and her "lunch ladies".

All activities **FREE** and open to the public.

Pre-registration requested - Call Penny at 846-9297