

# LUNCH AND LEARN

THURSDAY, JANUARY 24<sup>TH</sup>

12:30 - 2:00 PM

## "Waist Management"

with

**Sandi McDougall**

Program Administrator, The Island Seniors Program

Parish Hall

Saint Michael and All Angels Episcopal Church

Join us in learning how to become motivated in making positive lifestyle changes with eating and exercise.

It's an intake/output thing!

By eating a healthier diet, reducing our caloric intake and exercising regularly, we can greatly reduce our risk for heart disease, cancer and diabetes.

**BRING YOUR FAVORITE BAG LUNCH**  
**BEVERAGES WILL BE PROVIDED**

RSVP: Susan Gonzalez, parish secretary

or

Roberta Heller, parish nurse  
at 472-2173

Looking forward to seeing you there!