



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LUNCH AND LEARN FOR THE HEALTHY HEART

ACTIVE OLDER ADULTS  
*YOUNG AT HEART*

Healthy Heart  
Lunch & Learn

March 27<sup>th</sup>, 2012  
11:30am

Must sign up before March 21st

Speaker: Dr. Kalili  
Carolina Cardiology Cornerstone  
High Point Regional



FREE LUNCH and FREE TIPS! What more could you ask for? Come join the Y for lunch and learn about being healthy at the same time. Dr. Kalili from High Point Regional will be sharing information about how to maintain a healthy heart. They also will be providing a meal for all that attend. This event is free, but we are asking that you sign-up at the front desk.

**RAGSDALE FAMILY YMCA**  
900 Bonner Drive, Jamestown NC 27282  
P 366 882 9622 [ragdaleymca.org](http://ragdaleymca.org)

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