



Active Older Adults Thanksgiving Potluck

Friday, November 17
12:00 p.m.
Community Room



**Sign up at the
Front Desk**

**Bring your favorite
dish to share
(crockpots ok).**

Sasha Powell, MSN, APRN, FNP-BC, FPA

Two Roads Wellness Clinic

Specializing in nutritional genomics, she will briefly discuss reviewing health risks related to your genetics and determine ways to promote wellness and prevention through nutrition and lifestyle modifications .