

March is National Nutrition Month



Come join us on March 20th at 10:30 a.m. at Glenburn as we celebrate Nutritional Awareness month and provide other valuable information.

*Cindi Holloway will discuss Advanced Care Planning

PREPARE TO CARE FOR YOURSELF

Start the conversation

Form your team

Make a plan

Find Support



*Alma Kramer will show you some simple chair exercises to help increase your flexibility

*Cathy Jones will review with you 10 tips to protect yourself against Medicare Fraud

