

HEALTHY LIVING FOR YOUR *Brain & Body*



Friday, November 16th | 12:00 PM

Join The Crossings for an informational lunch and learn on Healthy Living for the Brain and Body in the Poquoson Library. Douglas Panto, Community Program Manager for the Alzheimer's Association will be our guest speaker and will share tips for the latest research on Alzheimer's Disease. Sandwiches and drinks will be provided.

To RSVP call 757.447.3544 by November 9th.



THE
CROSSINGS
A Harmony Senior Services Community

ASSISTED LIVING | MEMORY CARE

Comforts of Home • Care of Professionals • Energy of Life