

Community Council and the North Central Texas Area Agency on Aging are proud to partner with Texas AgriLife A&M Extension, Baylor/Scott&White and Texas Health Resources to bring you::

# Healthy Aging for *All of Us*



Keynote Speaker:

**Dr. Jennifer Heffernan**, Baylor/Scott&White

Topics include:

Special Presentation: Healthy Aging for *All of Us*

Healthy Body and Healthy Brain

Healthy Eating/Cooking Demonstration

Fall Prevention/Balance Screening

**Complimentary light lunch provided**

Monday

**April 30, 2018**

**9:30 - 12:00 noon**

First United  
Methodist Church  
7659 Preston Road  
Frisco, TX 75034

Registration: <https://www.eventbrite.com/e/healthy-aging-for-all-of-us-tickets-44684999035>

For questions and additional information please contact: **Doni Green** at [dgreen@nctcog.org](mailto:dgreen@nctcog.org) or 817-695-9193

