



Staying Healthy During the Holidays

Thursday, Nov. 8
from 9 to 10:30 a.m.
8601 Firethorn Lane

Enjoy a complimentary breakfast during Hillcrest's health and wellness presentation series, followed by a tour.

Transportation available through Aging Partners with a \$4 suggested contribution.

**To RSVP, call Aging Partners at 402-441-7158
by Friday, Nov. 2.**

*Co-sponsored by Aging Partners
and Hillcrest Firethorn.*

