

2018



The Lunch and Learn series presents topics that are related to the mission of COAACH, that is, improving the health and well being of aging communities by providing education and empowerment so that individuals can live life with quality, dignity and independence.

The Lunch and Learn is held every 1st Thursday of the month from 12 noon – 1:30 p.m.

A light lunch is provided. All sessions are free and open to the public.

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MARCH 1

Living Healthy with Chronic Conditions
Area Agency on Aging – Laura Plunkett,
Health Promotion Coordinator

April 5

Long-term Care Insurance

May 3

**Herbs, Spices and Superfoods
for the Body and Brain**
(Mother's Day Special Cooking Demo)

June 7

Empowering the Male Caregiver
Father's Day Acknowledgement

*July 12

Legal and Financial Issues
(note date change due to holiday)

August 2

Senior Tarheel Legislature 2018 Priorities

September 6

Mindfulness Caregiving

October 4

10 Keys to Healthy Aging

November 1

Medicare Update

December 6

Healthy Holidays