



LUNCH & LEARN SERIES - 2019

The Lunch and Learn series presents topics that are related to the mission of COAACH, which 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.

FEBRUARY, 7

The Month of Love

Loving your Heart – Heart Disease
and Ways to Reduce Your Risk

MARCH, 7

Save Your Vision Month

Learning Symptoms of
the Aging Eye

APRIL, 4

Minority Health Month

Issues that Affect the
Minority Population

MAY, 2

Paint and Sip

Benefits and Methods
of Art Therapy

JUNE 6

Father's Day

Men's Health

JULY 11

***Minority Mental Health
Awareness Month***

Navigating the Mental Challenges
of Your Loved One.

For more information contact:
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