

CELEBRATE NATIONAL ACTIVE AGING WEEK

CC  **YOUNG**
WELLNESS



Monday, September 24
10:30am in The Point Auditorium
Nella Phillips Reviews “The Running Man” a novel written by CC Young Resident Orville Rodgers.

Tuesday, September 25
3:30pm in The Point Auditorium
Nutrition Tips for Health Aging by Valarie Breaux, MS, RD, LD, Nutrition Care Manager at CC Young

Wednesday, September 26
2:00pm in The Point Auditorium
2nd Annual “CC Young’s Got Talent” Co-Hosted by Jill Beam & CC Young Resident John Johnson

Thursday September 27
9:00am under The Pavilion
“You’re Never Too Old to Rock & Roll”
Motivational Talk presented by Jill Beam, CCY Wellness Coordinator

Friday, September 28
11:00am under The Pavilion
Pep Rally! Music, Food & More to Celebrate CCY’s Participation in the Walk To End Alzheimer’s

Live Healthy!
Body, Mind & Spirit!

All Events Are Free and Open To The Public
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