Healthy Living - 2016 MEETING SCHEDULE

**Friday, January 29:** Roundtable Discussion sharing “Healthy Tips:

**Tuesday, March 29:** 3:30 - 5:00, Pat Thorpe - “Exercises to Maintain Optimal Health as We Age - a Focus on Posture, Strength and Moving with Confidence”

**Friday, May 13, 10:30 a.m. - 12:30 p.m.:** Susan Fullas and Deborah Gullo “A Taste of Ayurveda”

July meeting moved to November.

**Thursday, August 4th, 3-5 p.m.:** Documentary - “Nutrition Sense and Nonsense by Dr. Michael Klaper”

**Wednesday, September 14, 10:00 a.m. - 1:00 p.m.:** Jan Laird “Jan's on 4th Cooking School”

**Friday, October 21, 4:00 p.m.:** Linda Heath and Diane Shepard “Potluck --- Understanding and Using Herbs for Your Health and Tasty Cooking”

**November, date and location TBD:** ”Products for a Healthy Home”

**December:** Annual Holiday Party and Library donation. Date TBD