

FREE Lunch & Learn!!

**Mentor Ridge Health and Rehabilitation
8151 Norton Parkway; Mentor, OH 44060**

Enjoy a healthy and tasty meal prepared by our chefs and informational presentations on a variety of topics

Wed. Mar. 20—

Core Stability: It's Not About Sit-Ups!

Come learn more about what really powers our core stability - our breath!

Presenter Anne Ondrey is a yoga teacher who uses a variety of modalities to promote vital aging.

**Please RSVP by Mar 14th
440-299-5500**

