## Free Lunch & Learn

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

## Wed. Apr. 24; 12:00—1:00 The Spirit of Volunteering

Thinking of getting involved in your community, but not sure if it's the right step for you? Come & enjoy a tasty and healthy lunch prepared by our chefs while you learn how helping others can also be helpful to yourself. Presenter– Jayne Pristov from Bella Care Hospice **RSVP by April 18th** 440-299-5500

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Reach Your Peak of Wellness at

The **Ridge**