

FREE Lunch & Learn!!

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

12:00—1:00

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

Wed. August 28— 12:00-1:00

Brain Balance Yoga

Erin Hill from *Branches of Wellness* will share this gentle and revitalizing exercise technique that helps our brain and relaxes the body.

No yoga experience needed.

Please RSVP by August 22

440-299-5500



***Reach Your
Peak of
Wellness at
The Ridge***


Mentor Ridge
HEALTH AND REHABILITATION