

# Health Talks *with Brookdale*

**March 16th, 1:00pm**

***Resources For Living a Healthy Lifestyle***

Whether you have recently moved to the Walla Walla Valley, or lived here for many years, sometimes we do not always know what resources are right in front of us. The Walla Walla Valley is rich in many resources that can aid in a healthy lifestyle. Come learn together as Brookdale discusses the many healthy lifestyle resources that are available at our fingertips in our own backyard.

*Health Talks are held on the third Thursday of every month at 12:30pm. Each month is a different topic.*

**Hosted at the Walla Walla Senior Center, 720 Sprague St.**



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