

# December 2009 Lunch 'N' Learn

Give the Most Important Gift this Christmas: Health

## How to Tell Your Loved Ones You are Concerned About Their Health

**Wed, December 16      SFMC/2nd Floor North Care Bldg,  
Julie Penrose Break-room**

**Time: 12:05-12:35 p.m.**

The wonderful Christmas season is just around the corner. Why not give what could be the most important gift of all to someone special in your life. This LNL presented by Paul Anderson from Spiritual Care will help you more effectively communicate your concern for their health without jeopardizing the relationship. Paul will help you discover ways, both verbally and non-verbally, to encourage your loved ones to take better care of themselves physically, spiritually and emotionally. Come celebrate this magical season and make a difference in your loved ones' life!

