

# 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

Thurs, December 10 PH/E-Tower Basement Gala Room  
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!

