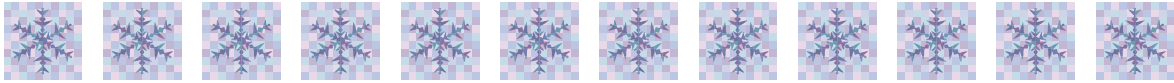


SURVIVING WINTER

Health Tips to Help You Get through the Season



Please join us for this very informative session. And invite your family and friends!

Light refreshments will be served.

WHEN: Tuesday, November 1, 2016
6:00-7:00 pm

LOCATION: Bethany Christian Church
3115 Fleming Avenue, NW
Roanoke, VA 24012

*[off Williamson Road and beside
Breckenridge Middle School]*

Parking in the back of church
Handicap entrance off back parking lot

TOPICS: Autumn safety
Winter health concerns
Cold and flu season
Antibiotic resistance
Defense against disease
Fire and fall prevention
Survival plan for extreme cold
Winter driving
Seasonal Affective Disorder (S.A.D.)

[Program presented by Carilion Clinic]

For more information, please call 366-0968.