



3RD ANNUAL

AGING WITH A PEACEFUL SPIRIT

SATURDAY OCTOBER 27, 2018

8:00- 1:00

ST.MICHAEL

MULTI PURPOSE ROOM

Morning Mass in Multi Purpose Room at 8:15 am

Informative sessions on:

- *Joint Health presented by an Ortho Team from Avera
- *Medication/Supplement Safety by an Avera Pharmacists
- *Nutrition presented by Hy-Vee Dietitian
- *Healthy Mind, signs of Dementia and Solutions

Cost: \$15 (lunch included with pre registration)

For more information you may call Toni at 605- 361-9689

REGISTRATION

NAME: _____

PHONE: _____ \$15 payment enclosed _____ unable to pay

Return this form and payment to Parish Office
Registration Deadline Monday, Oct 22nd