

Are you over 40 and concerned about your own aging?



You're invited to join us!

Are you caring for loved ones?  
Are you searching for answers?



In association with

## Learning in Retirement

**"Lunch and Learn" - Insight into Aging**  
(How oxidative stress affects the aging process)

**OCTOBER 23, 2014**

**VSU Continuing Education Building**

**Jacquelyn Sheppard\***

**Guest Lecturer**

Kansas City, MO

Internationally Known Health and Behavior Counselor

**Lunch served 11:45 AM**

**Information Session Begins 12:15 PM Sharp**

Don't miss this opportunity to hear new information on aging that could transform a loved one's life, (and yours.) Bring a lunch or Call 245-6484 or email [sewing@valdosta.edu](mailto:sewing@valdosta.edu) by Wednesday, 10/22 to pre-order lunch for \$6.00.

*\$6 lunch includes:*

*Chicken salad from Chicken Salad Chick, fruit, veggies and drink*



\*Jackie Sheppard taught at Valdosta High School 1965-1967 while her husband served at First Baptist Church