



**LUNCH**

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**LEARN**

elevatinghealth

## You're Invited to Lunch and Learn with Vanessa Meaux, SLP

Join us for our next Lunch and Learn educational session with **Vanessa Meaux, SLPS, Peterson Health Outpatient Rehabilitation Services**, at **The Center for Fitness in Kerrville**.

Vanessa is hosting this educational session to help strengthen your brain power. Learn fun facts and fascinations coupled with how to better your brain health to positively affect memory. Discover day to day tools and techniques for keeping the brain engaged and healthy.

Every Lunch and Learn session includes a presentation, as well as a nutritious lunch provided by Blue Sage Bistro at Peterson Regional Medical Center.

**Presenter:** Vanessa Meaux, SLP, *Peterson Health Outpatient Rehabilitation Services*

**Topic:** Train your Brain

**When:** Tuesday, March 18 | 12 to 1pm

**Where:** The Center for Fitness, *1407 Water Street in Kerrville*



Sessions are limited to 30 attendees. To RSVP, call **830.257.7070**.