

## Upcoming 2016 Lunch & Learns

12:00 – 1:00

Town Hall – Commission Chambers

Facilitator: Teresa Przetocki

April 20<sup>th</sup> – Deskercise

May 18<sup>th</sup> – Understanding Organic

June 15<sup>th</sup> – Science of Willpower

September 21<sup>st</sup> – Gluten Free: Is that for me?

October 19<sup>th</sup> – Menopause & Perimenopause

November 9<sup>th</sup> – Metabolic Syndrome