

**Central District Fall Workshop 2018**

**Friday, October 26th**

**1pm-4pm**

**The Presbyterian Community of Columbia**

**700 Davega Drive**

**Lexington, SC 29073**

**1pm Nutritional Wellness, You and Your Residents-**Chef Chris Farney and Jackie Dixon, Dietician

**2pm Dancing for Wellness-** Renada Weathersbee, Life Enrichment Director at the Crossing-Wear comfortable clothes.

**2:30pm-3:30pm An Out of the Box View of The 7 Dimensions of Wellness-** Jenny Prather Director of Wellness at the Presbyterian Community of Columbia

**3:30pm-4:00pm What is Wellness Wednesday? Try it All Together**-Jenny Prather, Amy McCormack and Chef Chris Farney

This workshop will earn you 3 CE hours accepted by NAAPCC, NCCAP, and NCCDP. It is FREE to members and $35 for non-members.

RSVP Amy McCormack, ADC (Central District Rep) by Monday, October 22nd.

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