

NORTH SEGMENT ELDER'S DAY

**WEDNESDAY APRIL 12, 2017
NORTHERN LIGHTS BUILDING**

11:00am – 2:00pm



STRESS EDUCATION

IN CONJUNCTION WITH STRESS AWARENESS MONTH

CHAIR EXERCISES

EASTER BINGO

CHAIR MASSAGES

EASTER GIFTS



**FOR MORE INFORMATION CONTACT CEDAR HENRY AT THE NORTH SEGMENT PUBLIC
RELATIONS OFFICE 701-627-5417**