



Forever Fit Tulsa Parks 50+ Program

CALL 596-7866 FOR MORE INFORMATION

Free Monthly Lunch-n-Learn Sessions*
Hosted by
Montereau in Warren Woods
6800 S. Granite Ave.
Tulsa, Ok 74136

All Lunch-n-Learn sessions will be conducted in the Coterie Theatre located in the main central building in the independent living section from 1 to 2 p.m.

July 16, Buying the Right Exercise Gear, Fleet Feet

August 11, Taking Care of Self While Grieving, Denise Hunter L.P.C.

September 8, Safety Awareness for the 50+, Kevin Blair



***PLEASE BRING YOUR OWN LUNCH.
REFRESHMENTS AND SNACKS WILL BE PROVIDED.**