

Adventurous Aging: How to Stay Young at Heart

We
recommend
coming
ready for a
Fun Day!

March 15, 2025

10am – 2pm

**Heart Healthy Lunch
Included**

**Check in begins at
9:30am**

**Click here today for
early registration
before slots are filled**

Location:

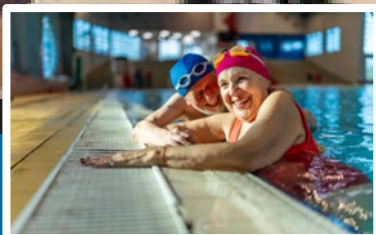
**Trinity Episcopal Church
3552 Morning Glory Ave.
Baton Rouge, LA 70808**

Senescence Research with
Melinda Henderson, Ph.D., APRN, FAAN
Dr. Terry Selly, Cardiovascular Health
Dr. Gerry Phillips, Healthy BP Tips
Dr. Lisa Perez, Pain Management
Ms. Jo Rose, Chair Yoga

Register at

www.dioecg.org/event-registration

**Event Fee:
\$20**



For Questions, Contact: The Rev. Sara Phillips (251) 709-7979