



Lunch & Learn

**PLEASE JOIN US FOR A DELICIOUS LUNCH
AT THE PLAZA AND ENJOY OUR PRESENTATION.**

4/19/2023

Edema

**RSVP
4/14**

7/19/2023

Nutrition
and Fatigue

**RSVP
7/14**

8/16/2023

Fall
Prevention

**RSVP
8/11**

10/18/2023

Pain
Management

**RSVP
10/13**

We invite you to tour our community after the presentation.

11:30 am - 1:00 pm

1420 East Palomar Street, Chula Vista, CA 91913



DIRECTIONS/PARKING:

TRAVELING EAST ON EAST PALOMAR STREET

RIGHT turn onto **SANTA ANDREA STREET**

LEFT turn at the **END OF THE CUL-DE-SAC**

LEFT turn at the **END OF THE DRIVEWAY**

PARK your car in any of the available spaces in dirt lot

ENTER the Plaza lobby at the stone arch

SEE YOU AT THE PLAZA!

RSVP to Mary Johnson mjohnson@stpaulseniors.org or text/call 619-840-2038