



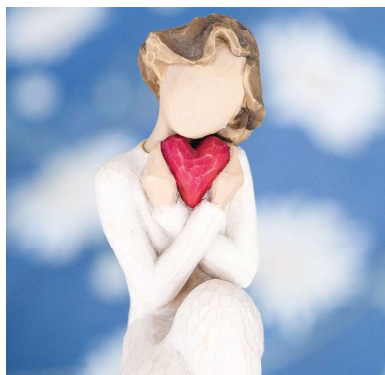
PHOEBE NEEDLES CENTER, INC.

732 Turners Creek Road
Callaway, Virginia 24067-5814
(540) 483-1518
PNCenter@gmail.com
www.PhoebeNeedles.org

"CHRONIC DISEASE, BLOOD PRESSURE & HEALTHY AGING"

March 14, 2023

10:00 a.m. to 12:00 p.m.



Alison Cronk, MEd., RTT, Community Health Educator with Carilion Clinic Community Health and Outreach will present a program on chronic diseases such as Heart Disease, Diabetes & Stroke, as well as the importance of maintaining a healthy blood pressure. Nurses will be on hand to provide personalized chronic disease screenings, and education/recommendations will be available for anyone at risk. This program will be interactive and will include Blood Pressure BINGO! Please join us for a morning of education, good health & fun!

Carilion Clinic's Community Health & Outreach program focuses on the belief that the journey to better health and wellness doesn't just happen in your doctor's office. It starts in your home, at your school and where you work and play. Carilion Clinic Community Health and Outreach is here to support your well-being wherever you are. Their programs and events are designed to empower everyone in our region to live healthier, richer, longer lives. All of them are free and a great investment in yourself. Learn more! Register today!

PLEASE
REGISTER
AND PAY IN
ADVANCE!



"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." ~ Doug Larson

Please join us for a great program and fellowship. Invite a friend!

"CHRONIC DISEASE, BP, & HEALTHY AGING"

March 14, 2023

(To register, please complete this form and return it to the Center by Friday, February 10th.)

Name _____ Spouse/Guest _____
(Please include the Rev., Dr., Mr., Mrs., Ms., Miss)

Address _____ City _____ State _____ Zip Code _____

Daytime Telephone Number _____ Email _____

Circle One: I have special dining requirements and will email PNCenter@gmail.com to make arrangements. YES NO

Unless otherwise informed, Phoebe Needles Center, Inc. will consider your registration as permission to use your photograph if it appears in video or still photos including our web site unless otherwise requested.

IMPORTANT INFORMATION!

To make a reservation, please return the form at the bottom of the first page, call the office at (540)483-1518, or email PNCenter@gmail.com. Please make your reservations no later than the Friday before the event.

You are welcome to arrive at McCauley Hall for a coffee social at 9:30 a.m. prior to the event. The event will start at 10:00 a.m. Lunch starts at approximately 12:00 p.m. The cost of the program plus lunch is \$12.00 for members and \$20.00 for non-members. You **MUST** call ahead and make a reservation to ensure we prepare enough lunch. If you have a food allergy or other special dining need such as vegan, vegetarian, gluten-free, low-salt or other requirements, please notify us at the time of your registration. We will try to provide a meal that meets your needs; however, we may not be able to honor all requests. Special requests may be emailed to PNCenter@gmail.com.



You may pay in advance using [PayPal](#) on our website: www.PhoebNeedles.org



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