



Lubbock RSVP

In collaboration with



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER.

Garrison Institute on Aging

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** 

A free seminar for anyone 55 and over :

“Healthy Aging Report Card”



Physical Activity
Movement
Nutrition



Managing Our Health As We Age
Emergency Medical Services Info

**30 + Vendors and community leaders to assist with
any questions or concerns for the Senior Population!**

Event is **FREE** and open to the public. Reservations are required!
Deadline to reserve spot is April 26, 2019!

Friday, May 3, 2019

Monterey Church of Christ

6111 82nd Street

8:30am - Attendee Registration

9:00am - 2:00pm - Spring Forum

(light breakfast and full lunch included with reservation)

For Reservations and Information on the event, contact Lubbock RSVP at
806.743.7787 or rsvp@ttuhsc.edu