



Presents Lunch N' Life

Easy Exercise for Seniors-Start the year out right

with

Inna Landes

**Certified Personal trainer and
Yoga/Pilates instructor**



Join us on

**Date: Thursday, January 26, 2023
11:30am – 1:00pm**

Location:

**United Baptist Church
7100 Columbia Pike, Annandale, VA 22003**

Cost of Lunch: \$10 per person

To Register: Call the SCAS Office at (703) 941-1419 by Monday, January 23rd or send an email to shepherdschas@vacoxmail.com

Our lunches are catered so pre-payment is required.
Send Check To: SCAS, 7610 Newcastle Drive, Annandale, VA 22003.