

## **"LUNCH AND LEARN" EVENT THURSDAY AT TJ HEALTH PAVILION**

Wednesday, 17 July 2013 10:30

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There will be a "Lunch and Learn" event Thursday at the T.J. Health Pavilion from 12 noon to 1 pm. Scot Smith, R.N. and Certified Wellness Coach will be speaking on Wellness and Health Coaching, as well as Stress Management Tips. Here's Scot with more info:

{audio}http://wcluradio.com/newscuts/0717lunch.mp3{/audio}