

# **FREE Lunch & Learn!!**

**Mentor Ridge Health and Rehabilitation  
8151 Norton Parkway; Mentor, OH 44060**

**Wed. November 27— 12:00-1:00**



Take a break from the holiday madness & have a tasty lunch prepared by our chefs.

We will discuss why being thankful is more than just for Thanksgiving, how practicing gratitude can improve your health, ways to find something to be grateful for everyday, & how to bring more good into your life by being grateful for the unknown.

Presenter : Jennifer MasonGambitta ADC, CDP, CYT

Please RSVP by Nov. 21

440-299-5500