



**Lunch & Learn**

*Please join us for a delicious lunch at the Plaza and enjoy our presentation.*

**Friday, September 20th, 2019**

**11 am to 1 pm**

***Shelley Lindholm OT/L***

***Balance and Vestibular Specialist***



***Presents***

***“What Can I Do to Prevent Falling”***

**After lunch/presentation, we invite you to tour our newest Senior Resort Retirement Community,**

***St. Paul's Plaza***



**1420 East Palomar Street, Chula Vista, CA 91913**

**RSVP by September 17<sup>th</sup>, 2019 to Mary Johnson @ (619)591-0600**

or [mjohnson@stpaulseniors.org](mailto:mjohnson@stpaulseniors.org)

See you at the Plaza!

Mary Johnson/Community Outreach

Directions/Parking:

Traveling EAST on East Palomar Street

RIGHT turn onto Santa Andrea Street

LEFT turn at the end of the cul-de-sac

LEFT turn at the end of the driveway

PARK your car in any of the available spaces

ENTER the Plaza lobby at the stone arch

