

Join Us!

AT KING'S GRANT

Two Fun Seminars. One Amazing Location.

Join us for two interactive seminars with Dr. Leslie Pendleton, a Virginia Tech alum and retiree, and Past President of AARP Blacksburg Chapter #2613. She is also an AARP Virginia Community Ambassador. In the New River Valley she is a team leader for a Pathways to Successful Aging network and a member of the Aging in Community (AiC) Leadership Team.

THURSDAY, APRIL 4TH

Stone Cross East Apt. 318

Downsizing and Decluttering: You Can't Take It With You

11:30 AM – 12:30 PM

This fun, interactive presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!

Boxed lunches provided.

The Six Pillars of Brain Health

2:00 PM – 3:00 PM

It's never too late to take charge of your brain health! In this interactive session, learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others.

Snacks available.

*Both seminars will be held in one of our beautiful apartments.
Space is limited so call and reserve your spot soon. Follow the event signs for parking.*

RSVP by Monday, April 1st

Call (276) 634-1000 or (800) 462-4649



350 King's Way Road | Martinsville, VA 24112 | www.LiveatKG.com