



The Academy for Lifelong Learning
Saratoga Region
Presents:



Lunch & Learn

Empowering Adults to Take Control of Their Own Aging
with

Dr. Roger Landry, Preventive Medicine Physician

Friday, April 14, 11 AM – 2:00 PM

Holiday Inn Saratoga Springs, 232 Broadway

11:00am: Arrive, Check-In

11:15am: Part 1: Game Plan for a Healthy Longevity

12:00pm: Served plated lunch at your table, book signing.

1:00pm: Part 2: Resilience

Public Welcome

\$45 includes lunch (Academy Members/Prestwick Residents \$40)

With thanks to our sponsor:



Dr. Landry Lunch & Learn Registration

Name _____ Academy Member/Prestwick Resident? _____
Guest _____ Academy Member/Prestwick Resident? _____

Phone or e-mail _____

Please indicate luncheon choices (Served w/mixed garden salad w/house dressing & chef's accompaniments unless specified, parmesan bread sticks basket, unsweetened iced tea, and dessert w/coffee and tea service.

_____ **Three Cheese Lasagna**, _____ **Citrus Grilled Salmon**, _____ **Sliced Sirloin**

Please send registration and check made out to the Academy for Lifelong Learning,
PO Box 4395, Saratoga Springs, NY 12866, www.all-saratoga.org (518)290-6968