

**NORTH WADESBORO BAPTIST CHURCH**

1211 N. GREEN STREET, WADESBORO, NC 28170

**Fourth Annual**

# **Aging Well Conference**

TUESDAY, MARCH 5, 10:00 AM—2:00 PM

\$10 INCLUDES LUNCH

You're invited to an exciting day of education, inspiration and fellowship!

Presented by North Carolina Baptist Aging Ministry



This year's conference will focus on holistic aging. Topics include:

Aging Well Spiritually: "My Prayer Life for All My Life"

Aging Well Emotionally: "Reducing Stress" and "Better Sleep BINGO"

Aging Well Physically: "What to Expect with Aging"

For more information or to register, call the Anson Baptist Association at  
**704.694.2790.**

