

YADKIN BAPTIST ASSOCIATION

720 N. STATE STREET, YADKINVILLE, NC 27055

Second Annual

Aging Well Conference

MONDAY, MARCH 11, 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 Yadkin Baptist Association at

336.679.8731

