



# Brown Bag Lunch & Learn Series at the Bend Senior Center

**When: Wednesdays**  
**February 24 – April 14**  
**12:00-1:00pm**

*Please call the Senior Center to reserve your space 388-1133.*

Come and join us for a feeding of the body and the mind. Local experts will share their knowledge about issues important to you, the great outdoors and the community we live in. Grab your lunch and head on down to the Senior Center for this free program.

Bring your lunch... dessert and coffee are on us.

## **Acupuncture...Can it Help?**

**February 24**

Steven Foster-Wexler, M.Ac.O.M., LAc  
Alpine Acupuncture, LLC

## **The Temple Mount**

Journey to the Center of the Earth

**March 31**

Mike Caba, Educator

## **Understanding Sleep**

How to get a good nights rest

**March 3**

Allison Suran, PT, GCFP  
Healing Bridge Physical Therapy

## **Beyond Sagebrush:**

Central Oregon's Natural World

**April 7**

Darin Furry, Author  
DF Publications, LLC

## **Celebrating our Local History**

**March 10**

Kelly Cannon-Miller, Executive Director  
Deschutes Historical Society

## **Friends You Meet in Low Places**

Snakes...Not your usual hobby pet

**April 14**

Penny Brondum, Herpetology Enthusiast

## **Don't Let A Fall Trip Up Your Life**

**March 17**

Joanne Bernt, PT  
St. Charles Medical Center

## **Armchair Travels**

*Where Do You Want to Be & Why?*

**March 24**

Chuck Mattox, Retired Educator



For fun, for friends, for health, for life!

