

lunch and learn

Tuesdays • 12:00 - 1:30 pm
Co-presented with PacificSource

Feed your body & mind as local experts share their knowledge about topics important to you.

Bring your own brown bag lunch; dessert and coffee are on us.

FREE

APRIL 2024

April 2

The Camino de Santiago: An Exploration of Village-to-Village Walking

With Sarah Wert

Learn about the history and customs of this ancient route 500-mile route in Spain, who walks the Camino today and why, and how to prepare for and plan a long-distance, village-to-village walk while taking into account individual differences in bodies, fitness levels, constraints, and goals for doing such a trip.



April 9

Healthy Feet: How to Keep Your Feet Pain Free

With Amanda Westfall McCarty, DPM of Northwest Foot Care

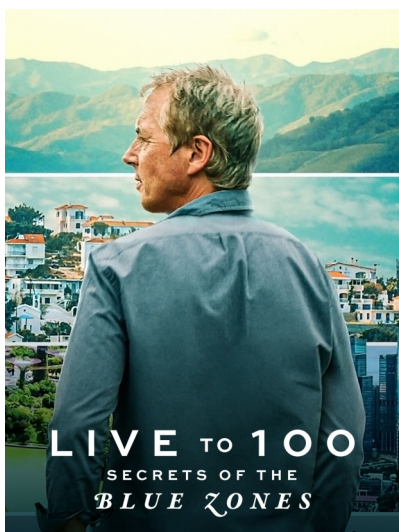
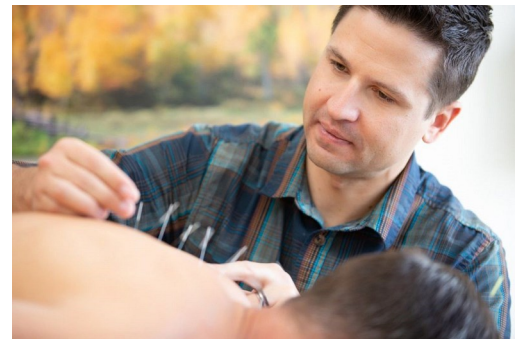
When your feet hurt, it can affect your whole body. Come learn about how to keep your feet active and moving. We will review common foot problems and solutions to try at home to treat them. We will also discuss proper care for your feet to keep them in good shape. Dr. Westfall McCarty is an active hiker who has practiced podiatry in Bend for 15 years.

April 16

Dispelling Myths about Acupuncture

With Eve Harburg, DAOM, LAc of Midtown Acupuncture

Like any medical therapy, acupuncture—which dates back thousands of years—can only be effective if it's easily accessible. Learn about the barriers to getting acupuncture the standard way it is offered in the U.S., and a movement to reduce these barriers that you can be part of right here in Bend.



April 23 and 30 - Attend either or both!

Live to 100: Secrets of the Blue Zones

With VegNet Bend

Come discover how the home and community environment of Blue Zones around the world contribute to their remarkable life and health spans. Take home practical ideas to implement in your own life and kitchen to maximize your overall health while contributing to the health of the environment. We will screen and discuss two episodes of the four-part Netflix documentary series, provide food samples, and demonstrate simple yet tasty Blue Zone dishes.

April 23: "The Journey Begins" (Episode 1) focuses on Okinawa, Japan.

April 30: "The Future of Longevity" (Episode 4) focuses on Singapore & the U.S.

Larkspur Community Center
Home of the Bend Senior Center
www.bendparksandrec.org

Questions? Call (541) 388-1133



play for life