

# lunch and learn

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

local experts share their knowledge  
about topics important to you

*Bring a brown bag lunch; dessert  
and coffee are on us. This series  
is free and open to the public.*

FREE

## NOVEMBER 2024

### Nov 5: **Diabetes: Separating Myths from Facts**

With Ineke Ojanen, Certified Diabetes Care and Education Specialist, St. Charles Health System

Ever get confused by all the information available and have difficulty determining the truth about diabetes? Come to this interactive discussion to separate the myths from the facts about a variety of diabetes topics including nutrition, physical activity, prevention and medications.

DIABETES



### Nov 12: **Run Silent, Run Deep: Life with the Silent Service**

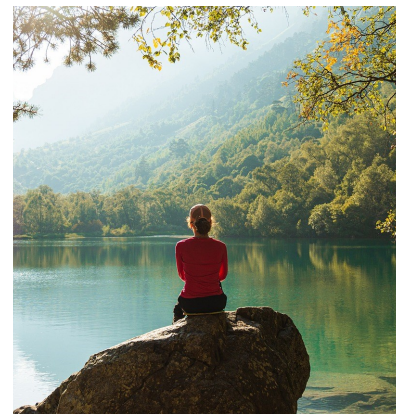
With Tom Anderson, Capt. (Ret) & Thom Keaney, LCDR (Ret)

In honor of Veterans Day, join us for an entertaining look at the submarine, from the 1775 inception of the world's first documented submersible vessel used in combat to modern day nuclear-powered vessels. Anderson (14 years enlisted) and Keaney (30 years enlisted) will answer your questions and regale you with first-hand stories of their time in the US Navy living and working aboard submarines.

### Nov 19: **Aging with Grace**

With Mark Montgomery, licensed acupuncturist and bodyworker, Bend Community Healing

There's a saying in Chinese medicine, "Before you're 40, you can cheat disease. After you're 40, disease will cheat you." Many of us experience this firsthand, with increasing aches and pains and decreasing vitality as we move into our 50s, 60s and 70s. Yet some people manage to stay active, healthy and vigorous into their 80s or even 90s. What explains the difference? Come learn about—and get a chance to practice—some of the tools and principles that can help us to move toward optimum health, and offer your own stories and perspectives on how to age gracefully.



play for life



Larkspur Community Center  
Home of the Bend Senior Center  
[www.bendparksandrec.org](http://www.bendparksandrec.org)

Questions? Call (541) 706-6235