

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **Lunch and Learn**

Date and Time

Monthly on the third Friday at 11:00am

Upcoming

- Friday 7/19/2024 11:00am to 12:30pm
- Friday 8/16/2024 11:00am to 12:30pm
- Friday 9/20/2024 11:00am to 12:30pm
- Friday 10/18/2024 11:00am to 12:30pm
- Friday 11/15/2024 11:00am to 12:30pm
- Friday 12/20/2024 11:00am to 12:30pm
- Friday 1/17/2025 11:00am to 12:30pm

Event Region

Roanoke Valley

Event Type

Class - Workshop

RSVP Info

[Blamanna@loaa.org](mailto:Blamanna@loaa.org)

Event Cost

\$0.00

Event Description

Lunch and Learn at LOA's Center for Health and Wellness on the 3rd Friday of each month from 11 am until 12:30 pm. Learn valuable information and enjoy a free, healthy lunch. Limited Seats are available. Registration is required by contacting Beth LaManna at 540-345-0451 or [Blamanna@loaa.org](mailto:Blamanna@loaa.org).

The Friday 16th lunch topic will be Smooth Moves. Creating a comprehensive plan to remove you from where you are now to where you want to be. Older adults have specific needs when it comes to moving -- from downsizing to a smaller space, to relocating to be closer to family, or needing guidance on "aging in place" concepts, senior moving specialists can help answer your questions. Learn what you need to consider to make a complete plan for your retirement move or aging in place.

Event Image or Sponsor Logo  
Image

