

The poster is decorated with various autumn-themed illustrations. At the top, there is a large orange maple leaf on the left, a small acorn in the center, a red leaf on the right, and a green fern frond on the far right. On the right side, there is a red leaf, a brown branch, and an acorn. At the bottom, there is a red leaf on the left, a small acorn, a large orange maple leaf, a green fern frond, and a small orange flower. The text is centered in the middle of the poster.

SDPI Lunch & Learn

OCTOBER 22, 2025

Where: Large Conference  
room by Pharmacy

Time: Noon to 1:00pm

Who: Anyone who wants to  
learn to be healthy

Topic: Winter Healthy Challenges  
(exercise, movement, eating for comfort)

Lunch: Soup

CATHY VISSER, REGISTERED  
DIETITIAN NUTRITIONIST

IF YOU HAVE QUESTIONS, CONTACT:  
CHRISTINA HICKS, COMMUNITY WELLNESS  
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