



SECOND THURSDAYS

12:00 - 1:00 p.m.

Person County Auditorium

304 S. Morgan Street

Roxboro, NC

336-599-1195

2016 Dates

January 14
February 25*
March 10
April 14
May 12

June 9
July 14
August 11
September 8
October 13

November 10

*exception: 4th Thursday of the month



NUTRITION

Interaction of
nutrients in food

HEALTH

Efficiency of a
living organism

CHRONIC ILLNESS

Health condition that
is persistent

LOCAL FOOD

Food travels
short distance



Each Lunch N' Learn
is \$5.00 and you must
pre-pay by the Friday
before the class.