



## 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

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.