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## **Lunch and Learn**

Date and Time

Monthly on the third Friday 11:00am to 12:30pm

Upcoming

- Friday 2/21/2025 11:00am to 12:30pm
- Friday 3/21/2025 11:00am to 12:30pm
- Friday 4/18/2025 11:00am to 12:30pm
- Friday 5/16/2025 11:00am to 12:30pm
- Friday 6/20/2025 11:00am to 12:30pm
- Friday 7/18/2025 11:00am to 12:30pm
- Friday 8/15/2025 11:00am to 12:30pm
- Friday 9/19/2025 11:00am to 12:30pm
- Friday 10/17/2025 11:00am to 12:30pm
- Friday 11/21/2025 11:00am to 12:30pm
- Friday 12/19/2025 11:00am to 12:30pm

Event Region

Roanoke Valley

Event Type

Class - Workshop

RSVP Info

Contact Beth LaManna at 540-345-0451 or [blamanna@loaa.org](mailto:blamanna@loaa.org)

Event Cost

\$0.00

Event Description

Lunch and Learn at LOA's Center for Health and Wellness is held 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).

Event Image or Sponsor Logo

Image

