

# Learning Sessions 2022.2023 Year

\*Please note: RSVP no later than a week ahead of the scheduled lesson. The lessons will be copied and laid out in the meeting room for each of your club members with the facilitator's materials. Please pick up your club's lesson materials to take to your club meeting. Below are the dates planned for lessons.

- August 25 - Making the Most of Meals While Traveling
- September 28 - Accessories- The Finishing Touch
- November 1 - Charcuterie Boards
- Mail out - Developing & Impetrating an Action for Community Organizations
- November 30 - The Art of Mindful Eating & Managing Stress Eating
- MAILOUT - Heart Health
- March 1 - Transferring Cherished Possessions
- March 34 - Entertaining Little Ones
- April 27 - Learn with a Purpose: Understanding Learning Styles
- MAILOUT - Reducing the Risk of Identity Theft