



Lunch & Learn Series

Empowering people through knowledge
...so that no one faces cancer alone.

Support Provided By:  **DIAMOND HILL** CAPITAL MANAGEMENT

**COMPLIMENTARY LUNCH PROVIDED.
PLEASE RSVP BY THE MONDAY BEFORE THE EVENT.**

Please call 614.884.HOPE (4673) or email Angie at: asantangelo@cancersupportohio.org

Legacy Life Agency

DID YOU KNOW... YOU CAN TURN YOUR LIFE INSURANCE INTO CASH NOW January 17, Noon

Join Tom Aakhus, of Legacy Life Agency as he explains how to turn your life insurance into cash. Life Insurance Settlement is the sale of an existing policy to a large investment group. We also will discuss life insurance that pays if you have a critical or chronic disease. You won't want to miss this informative workshop.



PASSPORT TO WELLNESS January 31, Noon

Join our team of experts to plan your year-long journey to sustaining a healthier you! We will kick off the new year focusing on nutrition, physical activity, and stress management. You will have the opportunity to enroll in the journey, set your goals, and receive a "passport" to help hold yourself accountable.



STRESS AND YOUR HEALTH February 7, Noon

Wouldn't it be awesome to turn your stress into something good for you? During this workshop, Dr. Dana Winchester, DC, will provide empowering strategies to take control of your life and health. You will learn that active awareness and personal ownership of your stressors and diet are the tickets to embracing and managing the healthy benefits of stress.



THE 1-2-3's AND A-B-C's OF AGING | KNOWLEDGE IS POWER! March 7, Noon

How ready are you for aging? As you'll find out in this presentation, when it comes to aging, knowledge equals peace of mind. We will discuss healthspan, the number of years you live in the best health possible, and planning for desirable living situations. It helps to be armed with information about the choices you'll be facing. However, even thoughtful planning doesn't matter if you don't share your wishes with others.

1200 Old Henderson Rd. | Columbus, OH 43220 | 614-884-HOPE (4673) | CancerSupportOhio.org

