

## Newsletter January 2016

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### **23 Annual Auction Gala — Running Down a Dream**

**Friday, February 19, 2016 @ 6:30 p.m.**

**Hosted by Paul J. Ciener Botanical Garden**

**\$75 / Person**

Read more at [www.shepctrkville.com/events/Auction Flier.pdf](http://www.shepctrkville.com/events/Auction Flier.pdf)

### **How to Talk with Your Doctor What Your Doctor Wants to Know**

Receiving good medical care requires several things that all stem from having a good relationship with your doctor. Dr. Sherry Ryder-Brown shared 10 things you should be discussing with your doctor.

Read more at <http://www.shepctrkville.com/Talking%20w%20Doctor.pdf>



### **Celebrating Anne Woods**

The Shepherd's Center congratulates Anne on her retirement, effective December 30, although we will miss her greatly! Thank you Anne for all you have done throughout the past 16 years first as a volunteer and then staff member!

### **Expanded Food and Nutrition Education Program**

The Senior Enrichment Center in collaboration with the Kernersville Branch Library will be offering a free special series of Eat Smart and Move More for senior adults in March. This is a federally funded educational program conducted through the Cooperative Extension Service in every state. It is administered in North Carolina through NC State University and NC A&T State University.

Read more at [www.shepctrkville.com/SeniorCenter/Expanded Food & Nutrition Education Program.pdf](http://www.shepctrkville.com/SeniorCenter/Expanded Food & Nutrition Education Program.pdf)



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***Important Dates  
To Remember***

**Annual Auction Gala**  
*February 19, 2016*

**Health Screening  
Medical Clinic**  
*April 8, 2016*

**Project Senior Smiles**  
*April 29, 2016*

**26th Annual  
Golf Tournament**  
*May 13, 2016*



**Health Screening Clinic**  
*April 8, 2016*

**Project Senior Smiles  
Dental Clinic**  
*April 29, 2016*

These clinics are made possible by NC Baptist Men's Association and Novant Health. Read more at [www.shepctrkville.com/SeniorCenter/Medical - Dental Clinics.pdf](http://www.shepctrkville.com/SeniorCenter/Medical - Dental Clinics.pdf)

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