Events & Seminars

THE ASPENS
AT BEDFORD FALLS
ACTIVE ADULT COMMUNITY

May 2019

	Address	*Date & Time*
Meet Dr. Roger Landry *Raleighwood Cinema Grill*	6609 Falls of Neuse Road Raleigh, NC 27615	Thursday, May 9, 2019 Starting at 11:00 AM
Lunch & Learn *Nantucket Grill*	1145 Falls River Avenue Raleigh, NC 27614	Monday, May 20, 2019 Starting at 12:00 PM
Lunch & Learn *Nantucket Grill*	1145 Falls River Avenue Raleigh, NC 27614	Wednesday, May 22, 2019 Starting at 12:00 PM
Lunch & Learn *Nantucket Grill*	1145 Falls River Avenue Raleigh, NC 27614	Wednesday, May 29, 2019 Starting at 12:00 PM

Call us at (919) 846-7216 to learn more about our upcoming events and seminars!

COME MEET
DR. ROGER LANDRY

May 9th, 2019 | 11:00 am

The Aspens at Bedford Falls presents former NASA Flight Engineer, Dr. Roger Landry. The presentation will be on his latest book "Live Long, Die Short" which covers ways to maintain physical, intellectual, and social abilities as we age.

Lunch is included and all attendees will receive a signed copy of Dr. Landry's book.

Raleighwood Cinema Grill
6609 Falls of Neuse Road, Raleigh, NC 27615
Please RSVP to cjones@surpassliving.com

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ACTIVE ADULT COMMUNITY

THE ASPENS AT BEDFORD FALLS PRESENTS:

LUNCH & LEARN

Join us for one of our dates!

Monday, May 20, 2019 | 12:00 pm
Nantucket Grill 1145 Falls River Avenue
RSVP to Cjones@surpassliving.com by May 13th

Wednesday, May 22, 2019 | 12:00 pm
Nantucket Grill 1145 Falls River Avenue
RSVP to Cjones@surpassliving.com by May 15th

Wednesday, May 29, 2019 | 12:00 pm
Nantucket Grill 1145 Falls River Avenue
RSVP to Cjones@surpassliving.com by May 22nd

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1580 DUNN ROAD, RALEIGH, NC 27614 • 919-846-7216