



FAMILY CENTRE PRESENTS

RADY MONTHLY LUNCH N LEARN SERIES



Third Wednesday of the month, Noon-1pm
280 Brodie Centre - RFHS Family Centre

Introducing Our Lunch N Learn Series!

Join us for a series of engaging and informative sessions on a variety of topics, designed to nourish your mind and spark meaningful conversations. Our Lunch N Learn series will cover topics that support personal growth, well-being, and community connection.

Upcoming Topics:

- **Navigating Dementia in the Family**
- **Learn strategies for supporting loved ones and managing caregiving responsibilities**
- **Overcoming Ageism: Reframing Your Relationship with Age**
- **The Power of Drumming**
- **The Basics of Estate Planning and more**

This group is available to all Rady staff, faculty and learners.

Wednesdays 12pm to 1pm
September 24, 2025
October 29, 2025
November 19, 2025
January 21, 2026
March 18, 2026
April 15, 2026
May 20, 2026
June 17, 2026

**Rady Monthly Lunch N Learn
Series**



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Health Sciences**