



## **November Agenda**

1. Opening - Welcome!
2. Recap of September meeting
3. Thank you, Mary Jo!
4. Valhalla Wellness Functional Nutritionist Paige Riebsomer
  - a. Foods for Brain Health
5. Introductions
6. Whole Group/Break Out Groups
7. Monthly Social Event
  - a. Bowling
  - b. Lunch
  - c. Movie
  - d. BBQ
  - e. Other ideas?
8. Next Meeting Wednesday, December 18<sup>th</sup> in Summerlin
  - a. Guest speaker - Amanda Huddleston - Motivational Speaker
9. Closing - Head - What have you learned?  
Heart - What have you felt?  
Feet - What are you going to do?

## **HAPPY THANKSGIVING!**

### **Future Meetings**

- **December 18** - Summerlin - Guest Speaker Amanda Huddleston, Motivational Speaker
- **January 22** - Henderson - Guest Speaker Lisa Patterson, Summerlin Hospital Outpatient Therapy Manager
- **February 26** - Summerlin - Guest Speaker Ameena Ahmed, Clinical Psychologist Intern
- **March 25** - Henderson - Guest Speaker Robyn Kaiser, Licensed Physical Therapist
- **April 22** - Summerlin - Guest Speaker Dr. Michael Seiff, Board Certified Neurosurgeon