



EDMONDS  VILLAGE

A STELLAR LIVING COMMUNITY



# NOURISH TO FLOURISH

A LUNCH & LEARN EVENT  
PRESENTED BY EDMONDS  
VILLAGE CHEF & CHRISTY GOFF

**THURSDAY, MARCH 12 | NOON**

Join Edmonds Village Chef and Christy Goff for an enlightening and delicious look at how food can shape the aging journey. We explore how specific ingredients influence memory, energy, mobility, and overall well-being as we grow older.

Discover simple, flavorful ways to choose foods that support a healthier, more vibrant life – one meal at a time.

**Don't miss our enlightening event! RSVP today:**

**425-534-5100**

21200 72nd Ave. W. | Edmonds, WA 98026  
Independent Living  
[STELLARLIVING.COM/EDMONDS](http://STELLARLIVING.COM/EDMONDS)

