

*Make Your*  
**BREAKFAST**  
*a Healthier One!*



**Friday, October 4th • 8:30 AM**

**Grumpy's • 834 Kingsley Ave • Orange Park, FL 32073**

Join us for a complimentary breakfast while learning  
all about nutrition from the expert!!

**Guest Speaker Brian Rowe, *Trilogy Home Health Care***

Seating is limited so please RSVP to 904-955-9488  
or email [hello@palagioseniorliving.com](mailto:hello@palagioseniorliving.com)



Live the Good Life®

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