



LUNCH and  
LEARN



A community senior center  
in Beaver County

Beaver Valley Mall,  
Unit 284  
Monaca, PA 15061

**Phone: 724-774-5654**

Center at the Mall is a  
community wellness center  
designed for adults over 50  
who want to have fun, stay  
healthy, and be active.

The center is managed by  
Lutheran Service Society, a  
non-profit program of  
Lutheran SeniorLife, and  
funded by the Beaver County  
Office on Aging,  
Pennsylvania Lottery, and  
community sponsors.



Lutheran  
SeniorLife  
Lutheran Service  
Society

## Stop Pre-Diabetes

**Presented by: Erika Sheffield, Registered Dietitian &  
Registered Nurse, Heritage Valley Health System**

**Meeting Room #1  
Monday, April 29<sup>th</sup>  
12:00pm**

**Presentation will cover the following topics:**

- ◆ Recognizing Pre-Diabetes
- ◆ Symptoms
- ◆ Preventative Steps
- ◆ Treatments available

**Lunch & special dessert (Apple Pie with Ice Cream)**

**Suggested donation of \$3 for ages 60+**

**\$6 for ages 59 and under**

**Sign up at Center at the Mall**