

CHT and TAC present:

# Healthy Living at The Landings

Join us for our *Healthy Living: Health and Wealth* series. CHT and TAC will be hosting events centered around wellness. Events are open to all!

## Upcoming Events

**July 23**



**Free CPR Class**  
**At The Landings Clubhouse**  
**11:00 - 2:30 PM**

*\*Must be 12 years and older to attend*

Lunch will be provided



To register for the class  
SCAN QR CODE or visit

<https://www.tfaforms.com/499>

7728

**August 24**



**Healthy Meal Prep and  
Cooking Class**

**The Landings Clubhouse**  
**Starts at 6:00 PM**

Registration link will be  
provided closer to date



*Be on the lookout for a date for a Financial Session!*



**Community**  
**HOME TRUST**

Questions? Please contact Felicia at  
[fstroud@communityhometruster.org](mailto:fstroud@communityhometruster.org)  
or 919-967-1545 ext. 312