

2022




BE WELL

★ BY BROOKDALE ★



Experience a community that supports good health.



A healthy lifestyle doesn't have to be a boring one! At the **Be Well by Brookdale** event, you and your family are invited to experience all the fun of a fair, plus all the satisfaction of learning how you could improve your health. Enjoy healthy and tasty fare while browsing activity booths where you will find tips and tools to be your healthiest, happiest self. Learn about hot topics such as healthcare, nutrition, staying active and more. Come hungry and curious, and leave happy and equipped to be an even healthier you.

May be subject to certain safety precautions in accordance with the authority having jurisdiction over the community. Please contact us for details.

Brookdale Shelby

Assisted Living

1425 E Marion St
Shelby, NC 28150

► Thursday, September 08

4:30 p.m. To 5:30 p.m.


Complimentary admission

For reservations or more information, call

(704) 481-0150 or email

JSibleyNewton@Brookdale.com

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