



**Rice Estate**  
*Lutheran Homes of South Carolina*

Lite Bites & Learning!

# Fall into Living Well

**Aug. 19 | 10:30 am**

## **Balance Before the Leaves Fall**

*Karen Rogers, Rice Estate  
Therapy Manager*

Autumn leaves should be the only things falling—not you! Learn techniques to reduce fall risk and stay on your feet. Great for all fitness levels!

**Sept. 16 | 10:30 am**

## **Harvest Your Health**

*Stephanie Charnovic, CDM CFPP*

We'll "dish" about nutritional wellness and seasonal eating.

**Oct. 21 | 10:30 am**

## **A Season for Assurance**

*Eric Mohn, Attorney at Law*

Gain valuable insight about legal and life planning to help you be prepared.

**Nov. 18 | 10:30 am**

## **Unwrap the Joy, Not the Stress**

*Denise Dickinsen, Lutheran Homes  
of South Carolina*


Find out how to minimize holiday stressors and bring joy to the season.

 **BeWell  
Educated**

*Reserve your spot!*

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[RiceEstate.org](https://www.RiceEstate.org)  

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### **Discover Life at Rice Estate**

Enjoy some mid-morning bites and beverages and see what makes our senior living community so vibrant.