



# Valir Rehabilitation Hospital

## Stroke Survivor & Caregiver

### *Lunch and Learn Series*

## **Nutrition: How to prepare a quick healthy meal**

Wednesday, April 6 | 11:30 a.m. - 1:00 p.m. | Valir Annex

**Featuring:** Valir Rehabilitation Hospital's Dietary Manager, John Fuechsel who will be presenting on how to prepare a healthy meal at home in a short amount of time.

Join us at the Valir Annex, located at: 922 NW 5th St, Oklahoma City, OK 73106

**This is a free event for all interested in support benefiting the stroke survivor, the caregiver, and those that know and love these individuals. All attendees receive a complimentary lunch and refreshments.**

**To RSVP, please visit [www.valir.com/events](http://www.valir.com/events)**

