



Valir Rehabilitation Hospital  
**Stroke Survivor & Caregiver**  
*Lunch and Learn Series*

**Topic: Making Healthy Food Choices During the Holidays**

Wednesday, December 5

11:30 a.m. - 1:00 p.m.

First Baptist Church Coffee Shop

1201 N Robinson, OKC 73103

Valir's own **Kyndal Higgins RD/LD**  
will be hosting this event.

To RSVP, please visit  
[www.valir.com/events](http://www.valir.com/events) or  
call 405.609.3604

**Kyndal Higgins, RD/LD is Valir dietitian and she will be speaking on making healthy foods choices during the holidays. She will answers some of the questions that we all have during the holidays on what we can enjoy and how can we make it healthy. Also as a treat we will be making fun and memorable holiday ornaments as a Valir family!**

**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.**

