

# LUNCH AND LEARN



**March 5, 2026 at 11:30 a.m.**

**Join Us...**

*for a Lunch and Learn*

## “ELECTROLYTES”

(POTASSIUM, CALCIUM, AND SODIUM)

**Pre-registration is required for lunch**

**No registration required if you want to attend the class only (no lunch)**

**Pilot Mountain Senior Center**

873 Old US 52 Bypass ▪ Pilot Mountain, NC 27041

Katrinka Rinehart, Senior Center Manager

(336) 368-2012 option 6

*Presented by Carson Driggers, Public Health Education Specialist*



**FREE ADMISSION**



Call Today To  
Reserve Your  
Seat!