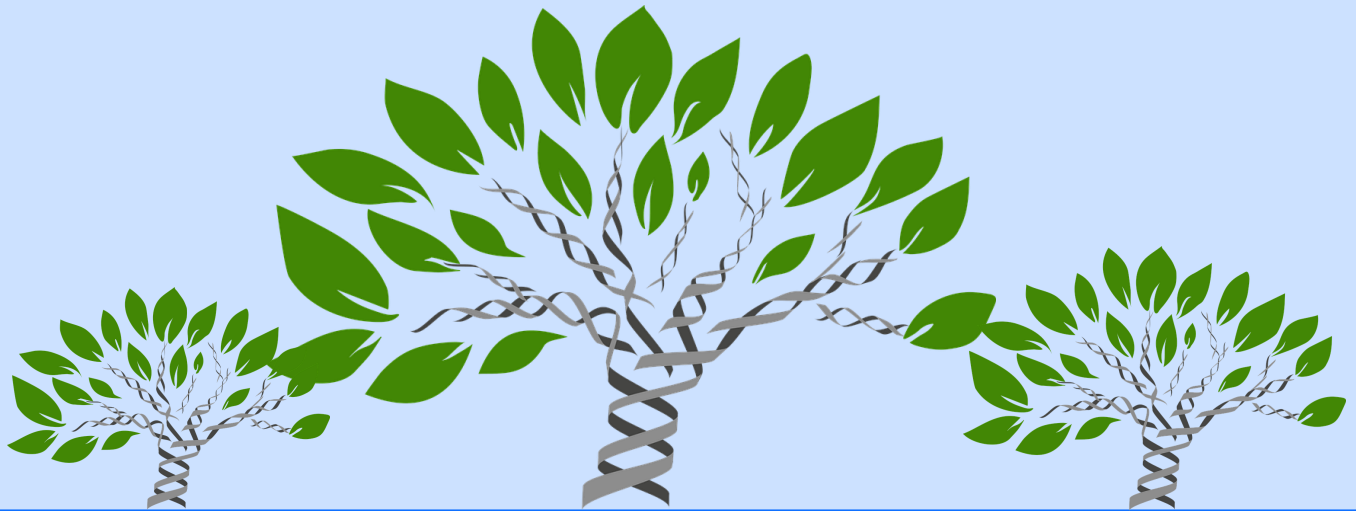


“HAPPY HOUR” — An hour to stress less and find joy

ANCESTRAL HEALTH

With Social Work Intern Sam Poyta



Examine current health challenges through the context of our ancestral heritage. In modern science, evolution is the default perspective for inquiry, yet, in modern healthcare, evolution is almost nowhere to be seen. Explore scientific theories about how diet, lifestyle, and environment can shape human health.

Tuesday, October 24, 1 - 2 pm

Advance registration appreciated.

Suggested donation: \$3 Members/Friends of the Center, \$5 public.



Wallingford Community Senior Center
4649 Sunnyside Ave N ~ Lower Level Good Shepherd Center
Seattle WA 98103 ~ 206-461-7825 ~ wallingfordseniors.org