

LUNCH & LEARN

December 10, 2025 / 12:00 pm - 1:00 pm

Discover the healing power of Native East Tennessee elderberries and other immune supporting herbs as well !

Our presenter will be:

Lynn Carangelo with Monroe County Healthy Roots /BellaSoul Farm

- Learn about how our diet & lifestyle can help our immune system
- Using plants & herbs for medicinal use (Elderberry, Ginger , Turmeric & Star Anise, Cinnamon, Cloves & Astragalus Root etc)

Please call or sign in by 12/5 to reserve your spot ! 423-442-2022

**CORA VEAL SENIOR CENTER
144 COLLEGE STREET
MADISONVILLE, TN 37354
423-442-2022**

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