



City of Yakima

# **News Release**

**Subject: Lunch & Learn Makes Harman Center Debut**

**Contact: Parks and Recreation Manager Ken Wilkinson – 576-6416**

**Communications & Public Affairs Director Randy Beehler – 901-1142**

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## **Lunch & Learn Makes Harman Center Debut**

The City of Yakima's Harman Center is starting a new monthly program offering educational discussions and a light lunch at no cost to the public.

The first Lunch & Learn will be from 12:00 pm to 1:30 pm on Thursday, December 21<sup>st</sup> at the center, 101 North 65<sup>th</sup> Avenue. The topic will focus on "Hearing Loss" and be presented by Connect Hearing. Highgate Senior Living will provide a light lunch for the event.

"I believe education and awareness is an important aspect to our Senior Community," said Recreation Program Supervisor Leslie Richards. "Lunch & Learns will continue through 2018 every month on the third Thursday from 12:00 pm to 1:30 pm."

A free, light lunch will be provided during the program each month.

"No reservations are needed at this time, everyone is welcome," Richards said. "If we start to see a large number of people attending, we may start requiring reservations."

The monthly Lunch & Learn events will focus on education, health, an activity, or opportunities around the Yakima area, Richards said. Topics scheduled for 2018 include Genealogy, Cardiac Health, Diabetic Management & Health, Volunteer Opportunities in Yakima, and Knowing the 10 Signs of Alzheimer's.

For more on programs at the Harman Center call 575-6166 or visit <https://yakimaparks.com/senior-center>