

Brown Bag, May - August, 2018

The Blue Ridge Center for Lifelong Learning offers a fun and informative way for you to spend your lunch hour with our Brown Bag Lunch program. All Brown Bag programs are **open to the public**, so it's a great way to share time with old friends and meet new ones. Bring whatever lunch munchies make you happy and join in the discussion. Preregistration is advised.

Got Plans? It's as Easy as 1, 2, 3!

Wednesday, May 2
11:30 a.m.
Patton 150



We plan for college, marriage, a baby and retirement...but we don't prepare for the unexpected. This Brown Bag will change that by informing you of advance care planning, which is a process to help your loved ones know how to speak for you if you are ever unable to make your own medical decisions. This planning is important for any adult aged 18 and over, and should be revisited as your health status changes throughout your life, and for when you move to another state. Advance care planning is a true gift to yourself and those you care about; you never know when the unexpected may happen and providing your loved ones and health care team written directives allows peace of mind from knowing your wishes will be respected. All participants will receive an Advance Care Planning Guide to help with the process and a notary will be available should you wish to fill out the forms on-site.

Sarah Teel Leatham, Community Education and Outreach Manager at Four Seasons Compassion for Life, will walk you through the three easy steps of Decide, Discuss and Document. It takes only 30 minutes to make sure your wishes are respected and your plan is in place.

Sleep Disorders

Wednesday, June 27
11:30 a.m.
Patton 150



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Tossing and turning at night? Having trouble "turning your brain off"? Join us for this Brown Bag talk on Sleep Disorders which will cover the following topics:

- Why we need to sleep
- What is normal sleep
- Tips for getting good sleep
- Impacts of sleep on health



Discussion on common sleep problems, including insomnia, sleep apnea, restless leg syndrome and narcolepsy, will also be addressed.

**Dr. Gary M. Rodberg** is a board-certified pulmonologist at Carolina Lung and Sleep at Pardee. Dr. Rodberg is a fellow of the American Academy of Chest Physicians and the American Academy of Sleep Medicine. He has participated in clinical research in pulmonary arterial hypertension and his research has been published in several medical journals.



## Brown Bag Registration

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|-------------------------|---------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>            |                                 |                                                                                                                              |
| <b>Email:</b>           |                                 |                                                                                                                              |
| <b>Phone:</b>           |                                 |                                                                                                                              |
| <b>Got Plans? May 2</b> | <b>Sleep Disorders, June 27</b> | <b>Make Check payable to: BRCC</b><br><b>Mail to: BRCC/BRCLL</b><br><b>180 W. Campus Drive</b><br><b>Flat Rock, NC 28731</b> |
| \$5.00 x _____ = _____  | \$5.00 x _____ = _____          |                                                                                                                              |