

Brown Bags, January - April, 2019

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.

Importance of Movement as We Age

Tuesday, March 19
11:30 a.m.-12:30 p.m.

**BRCC - Room 150
Patton Building**

Member and Non-Member Fee: \$5

Don't just sit there - move! It has been said that sitting is the new smoking. It is worse for our health than we realize. Let's find out how to incorporate beneficial movement into everyday life. This Brown Bag will give you many ideas to make movement second nature. It's not an exercise class, but after hearing this information you will probably think twice about sitting for prolonged periods of time. You will have to move afterwards and your body will thank you!



Denise Harhai is a certified fitness instructor with the Athletics and Fitness Association of America with certifications in Pilates and yoga. After thirty-plus years of teaching fitness and restorative movement, helping people move more is still her passion.

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**Identity Thefts, Scams & Frauds**

Monday, April 8  
11:30 a.m.-12:30 p.m.

**BRCC - Room 150  
Patton Building**

Member and Non-Member Fee: \$5

Identity thieves and scam artists are after your money. Every year North Carolinians encounter bad actors attempting to defraud hard working citizens, particularly older adults, out of their money via mail, telephone, email or at their door. In this Brown Bag, staff from the North Carolina Department of Justice will present information on these crimes, while highlighting trends and, most importantly, how to protect yourself or your loved ones from becoming victims.



**Holly Jones** works for the North Carolina Department of Justice in the Public Protection Section. Her primary responsibility is to coordinate community partnerships with the Attorney General's office and be a representative for the department in Western North Carolina. Prior to working for the Department of Justice, Holly worked for 21 years with the YWCA, whose mission is the empowerment of women and the elimination of racism. She held the Executive Director's role in Asheville for 16 years and then was the Southeast Regional Director for the YWCA USA. Holly was also a local elected official for 15 years, serving both on Asheville City Council and Buncombe County Board of Commissioners. She was a strong advocate for public safety issues in this role and spearheaded many efforts to address domestic and sexual violence in Buncombe County. Holly is a native North Carolinian, having grown up in Anson County and Asheboro. She has a bachelor's degree in Public Policy Analysis and a Master of Public Health, both from UNC-Chapel Hill, and a Master of Divinity from Duke University. Holly currently lives in Asheville.

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|---------------------------------------|--------------|--------------|
| <b>Name 1:</b> _____                  |              |              |
| <b>Name 2:</b> _____                  |              |              |
| <b>Email (or phone):</b> _____        | <b>Price</b> | <b>Total</b> |
| <b>Keep Moving, Tuesday March 19</b>  | \$5 x ____   |              |
| <b>Identity Theft, Monday April 8</b> | \$5 x ____   |              |