



GLOM INSTITUTE  
PRESENTS SENIOR SOCIAL WELLNESS

# LADIES TEA & TALK

*OPEN TO ALL SENIORS*

**FRIDAY  
12 - 2 PM  
GRANBY STREET, NORFOLK, VA**

Come share healthy conversation, enjoy delicious teas and treats with your peers in an event especially designed to encourage womens' wellbeing.





**GLOM INSTITUTE PRESENTS**

# **TEA, TALK, & SOCIAL WELLNESS FOR SENIORS**

Time for you and your loved ones  
to get healthy!

**FRIDAY  
12 PM - 2 PM  
NORFOLK, VA**



*Join us for a day dedicated to  
getting you and your family  
healthy. Get screened and consult  
with medical professionals for  
free!*

