



*Presents Lunch N' Life*



Join PFC Liam May, West Springfield Div.  
for an empowering presentation on  
personal safety tips tailored for seniors



*Stay informed, stay protected!*

**Thursday, January 23<sup>rd</sup>, 2025**

**11:15 am – 1:00 pm**

**St. Barnabas Episcopal Church**

**4801 Ravensworth Road**

**Annandale, Virginia 22003**

**Cost of Lunch: \$15 per person**

**To Register:** Call the SCAS Office at (703) 941-1419 by Tuesday, January 21<sup>st</sup>  
or send an email to [shepherddscas@vacoxmail.com](mailto:shepherddscas@vacoxmail.com)

***Our lunches are catered so pre-payment is required.***

**Send Check To:** SCAS, 7610 Newcastle Drive, Annandale, VA 22003