



Presents Lunch N' Life

Join us to hear

Mara M. Davis, Nutritionist/Dietician



Thursday, March 26th, 2026

11:00 am – 1:00 pm

Lunch 11:30 am

Shepherd's Pie, Salad, & Cakes (pistachio & nut-free)

Lecture 12:00 noon to 1:00 pm

Little River United Church of Christ

8410 Little River Turnpike, Annandale, Virginia 22003

Cost of Lunch and Lecture: \$20 per person

To Register: Call the SCAS Office at (703) 941-1419 by Tuesday, March 24th
or send an email to shepherddscas@vacoxmail.com

Our lunches are catered so pre-payment is appreciated.

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