



## ~Lunch N' Learn~

**Catherine Segal**

Registered Pharmacist and Marketing Executive

***Presents***

### ***"Understanding sinus infections"***

The 5th most common reason for office visits among seniors, sinus infections are miserable experiences. Shockingly, most do not require an antibiotic prescription. Learn what you can do to take care of yourself and when to call for a doctor's appointment. Learn about promising new treatment options for chronic sufferers.

Date: **Monday, January 8, 2018**

Time: 12:00 PM – 2:00 PM

Place: Chester Library

250 W Main Street, Chester

Cost: **Free Complimentary luncheon served**

***MUST REGISTER***

**by calling the library at 908-879-7612**

-Seating is limited-

Sponsored by the Senior Resource Center

50 Route 513, Chester, NJ 07930 908-879-2202

[www.SRCNJ.org](http://www.SRCNJ.org)