

REGIONAL
Senior
LIVING

Fabulous Freebies

PAGE 14

**Lifestyle
Medicine**

**Secret to
Healthy Eating**

**Estate Planning
Updates**

**Long Distance
Grandparenting**

SPONSORED BY

WK

**WESTERN KENTUCKY
ELDER LAW, PLC**

***SEE YOU AT
THE GARDEN***

**Dr. William and Susie Tyler
Western Kentucky Botanical Garden | Page 24**