

THE CHRONICLE

for Seniors only!

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FREE!

Living to Serve & Willing to Give!

Forsyth County's Guide to Serving Others
and Giving Thanks this Holiday Season



Inside Scoop

- Staying Motivated to Exercise During the Holidays
- Senior Spotlights
- American Diabetes Month
- Preventing Falls—One Step at a Time
- Senior Services 5 Millionth Meal
- And much, much more!

A Monthly Special Section Dedicated to Seniors

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