



# Lunch and Learn

## Thursdays at Dedric's Barbershop: A Cut Above the Rest

**July 13th and July 20th**  
**12:30 - 1:30 pm**

**A Cut Above the Rest Barbershop**  
**830 Cherry Avenue**  
**Charlottesville, VA**

***No registration required***

### **Providing:**

Free lunch  
Guest speakers  
Risk assessment screening  
Education about chronic diseases  
Free blood pressure checks  
Free HIV and Hep C testing done by the Blue Ridge Health Dept.

For more information, please contact Dedric Cooke, Sr at **434-960-4464** or Setour Dillard at **434-984-4640/sadillar@sentara.com**.