

Literary Lunch

Thursday February 16th at noon



Adventures in Free Diving



Free Diving is a form of underwater diving that relies on breath-holding until resurfacing rather than the use of breathing

apparatus. Hear all about it first-hand from **Rebecca Benjamin-Carey**, CHI Media Coordinator & HIFR Volunteer Firefighter!

You don't have to be a member of New Horizons to enjoy a delicious meal and delightful conversation!
\$10 for a soup, sandwich and dessert