



TOPIC TUESDAY

May Upcoming Discussions



Tuesday, May 7, 2019 - 12:00-12:45 pm - Fall Prevention

Slips, trips, and falls are the leading cause of hospital admissions and injurious death for those age 65 and above, with one in three experiencing a fall each year. Although risk of falls and fall related injuries increase with advancing age, the good news is research has shown that falls are not an inevitable consequence of aging. This is important information, considering the fear of falling is a major health concern among older individuals.

Presented by: Zachary Landers RN, BSN Trauma Program Manager Injury Prevention Coordinator - Ascension Genesys Hospital



Tuesday, May 21, 2019 - 12:00-12:45 pm - Get the Most from Your Membership

Busy schedules can make it tough to stay motivated. Most seniors lead healthy productive lives. They are engaged in life with many friends and activities but sometimes seniors need some motivation to become involved in life again.

Engaging with others, improves relationships and productivity. Without these experiences our body, mind, and spirit may suffer.

Put your monthly gym bill to good use and get the most out of your Gold Senior membership. Come learn about what we have to offer to keep you motivated and engaged all year round.

Presented by: Jennifer Lynch, Health Coach, Motivational Speaker

No sign up necessary - held in the Birch Room

