

PLEASE JOIN US!

RIGHT AT HOME & WITWER HEALTHY AGING PRESENTS



# Healthy Aging Lunch & Learn Series

Low Park Art & Environment Center, 4500 North 10<sup>th</sup> Street, Marion

11:45 – 12:15 pm

The Healthy Aging Lunch & Learn Series at Low Park begins on June 14. Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families, and friends. Lunch provided by Encore Café (optional) will be served 11:30 am – 12:30 pm (suggested donation for adults over 60 is \$5/ \$8 for people under age 60). To RSVP call the Marion Public Library at 377-3412.

**THURSDAYS**  
**June 14**  
**July 12**  
**Aug 9**  
**Sept 13**  
**Oct 11**  
**Nov 15**  
**Dec 13**

Tips for Aging Safely at Home  
Stephanie Humphries, Right at Home

Boost Your Bladder IQ - What to do about Incontinence  
Stephanie Humphries, Right at Home

Exercising with Arthritis – Yes You Can!  
Stephanie Humphries, Right at Home

Know how Nutrition Needs change as we Age  
Stephanie Humphries, Right at Home

Skeletons, Bones, and Falls...Oh My!!  
Stephanie Humphries, Right at Home

Alzheimer's-What you need to know  
Stephanie Humphries, Right at Home

Caregiver Burnout – Put yourself first!  
Stephanie Humphries, Right at Home



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