

Live Your Best Now!

CarePro Health Services, Witwer Healthy Aging Program and Summit Pointe have teamed up to present a free Lunch & Learn series to help promote healthy lifestyles.

February 6th – GPS, Your Guide Through Personal Storms,
Dr. James Coyle, Cedar Memorial

April 3rd – Dementia: What are the warning signs?, Renee Riffey,
AGE-u-cate

June 5th – Panel of Experts: Staying Safe at Home

August 7th – ABC's of Medicare, Mark Rohde, Independent
Insurance Services

October 2nd – Fresh Conversations, Jo Haddad, Witwer Healthy
Aging Program Coordinator and Molly Webb, Hy-Vee Registered
Dietitian

December 4th – Sleep Apnea: How do I know I have it?, Renee
Meyer, CarePro Health Services

**Mark your calendars to join us at the PCI Medical
Pavilion from 12 - 1 p.m. for each program!**

Please RSVP by calling **Jo Haddad** from
Witwer Healthy Aging Program at **398-3644**.

