



In January 2015, Linda Newbury, a member of The Peoples Church was recruited to lead a wellness effort for us. She has over 30 years experience as an R.N. and Health Educator and has served as a consultant to corporations, universities, hospitals, school districts and individuals in a number of wellness efforts.



Joining her in this effort by serving on an advisory wellness committee has been Flo Baerren, Stacy Gronowski, Jim McCoy, Kathy Rodgers and Mary West.

The mission of this wellness effort, known as **HEALTH MATTERS** is to empower people with information and support that will enhance their resiliency and improve their health. Our goal is to offer programs that are engaging, beneficial and enjoyable.

Included in this pamphlet is a listing of **HEALTH MATTERS** programs that will be hosted from October 2015 through April 2016.

"If you are planning on growing old someday," you won't want to miss our four-part series dealing with issues related to aging. Protect your most precious possession: your independence!

Please join us for the following **HEALTH MATTERS** programs ...



HEALTH MATTERS

THE PEOPLES CHURCH
WELLNESS EFFORT



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**2015-2016
PROGRAM GUIDE**

IF YOU ARE PLANNING ON GROWING OLD - PART 1

9:30 a.m. | October 4 | Robertson Room

Join Mary Mareck LMSW, founder of Mareck Family & Geriatric Services, as she addresses some of the difficult decisions to consider regarding aging. Mary's particular emphasis will be on retaining control of how we live our lives and planning for the future.

IF YOU ARE PLANNING ON GROWING OLD - PART 2

6:30 p.m. | October 28 | Robertson Room

Join Marilyn Newman LBSW as she guides us through legal tools needed to protect ourselves as we age. Walk away with valuable information and handouts.

IF YOU ARE PLANNING ON GROWING OLD - PART 3

6:30 p.m. | November 4 | Robertson Room

Barbara Mannino LLMSW of the Tri-County Office on Aging will present "Aging in Place: Knowing Options/Making Choices." She will show us how to maintain our quality of life throughout the many challenges of aging. And will be able to share the many kinds of assistance available to us for remaining in our homes. Lastly, she will describe differences among housing options and approximate costs.

BREAST HEALTH AND EARLY DETECTION

9:30 a.m. | November 8 | Robertson Room

Hayes Green Beach Memorial Hospital's Jenny Wren BSN MBA will talk with us about breast health - differences between 3D and 2D mammography and a three-prong approach to early detection. HGB is the only hospital in mid-Michigan currently offering 3D mammography.



IF YOU ARE PLANNING ON GROWING OLD - PART 4

6:30 p.m. | November 11 | Robertson Room

Join TCOA's Barbara Mannino LLMSW once more as she presents "Caregiving – Surviving Burn-out." Caring for someone with a long-term debilitating disease impacts every aspect of your daily life. Barb will explain many forms of help that are available and vital to your survival.

'WAKE UP AND START LIVING'

9:30 a.m. | January 10 | Robertson Room

Many Americans are overweight, unfit, stressed and maintain poor diets. They go through life in a semi-conscious state – not thinking about what they put in their mouths and when and if they are going to exercise. Don't be normal – be inspired to "Wake Up and Start Living!!" Join Patrick Sustrich MS as he shows us how to overcome the barriers to exercise, plan for life's obstacles and eat healthy. Sustrich has extensive knowledge in physiology, nutrition, chemistry and currently serves as Vice President for Health & Wellness for HGB hospital in Charlotte.

'BALANCE AS YOU AGE'

6:30 p.m. | January 13 | Robertson Room

Maintaining your balance is an important part of avoiding falls! More than one-third of adults over age 65 suffer falls each year. Serious injuries such as hip fractures can result and the consequences can be profound. Karri Wills MPT, and Kim Dickerson, Director of ALIVE Clinical Services will be on hand to help you assess your balance and share ways you can work on and improve balance throughout your normal day.

IMPROVE MOBILITY & MOVEMENT

9:30 a.m. | February 14 | Robertson Room

Sue Forbes, co-owner of Mindful Movement Physical Therapy, will help to explain the importance of partnering with your physical therapist during the recovery process. You won't want to miss this program if you're dealing with back, neck or joint issues or scoliosis, osteoporosis or arthritis. Learn how you can increase your strength, stamina and flexibility!

WHAT HAPPENS AFTER YOU'VE FINISHED PHYSICAL THERAPY?

6:30 p.m. | February 17 | Robertson Room

Mindful Movement Physical Therapy is both a movement studio and a physical therapy clinic. Join its co-owner, Sue Forbes, as she explains the continuum of care for the rehabilitation client, while also providing a place for one on one training and classes for the recreational exerciser or professional athlete. Improve your mobility regardless of your age.

FIND THE ENERGY TO DO THE THINGS YOU LIKE TO DO!

6:30 p.m. | February 24 | Robertson Room

People often lose motivation to keep New Year's resolutions as exercising seems like work and better nutritional choices are time consuming in an already overloaded schedule. Sheila Tansey MA, a health and wellness instructor, will guide us in finding easy and enjoyable ways to enhance our lives and health.

LEARN HOW TO EAT AS IF YOUR LIFE DEPENDED ON IT

9:30 a.m. | April 24 | Robertson Room

Registered Dietitian Moushumi Mukherjee will share with us the latest research in how food impacts health. Whether you are looking to improve your lifestyle or are dealing with a chronic disease, you'll find her expertise useful. Bottom line: If you want to live well – you have to eat well!