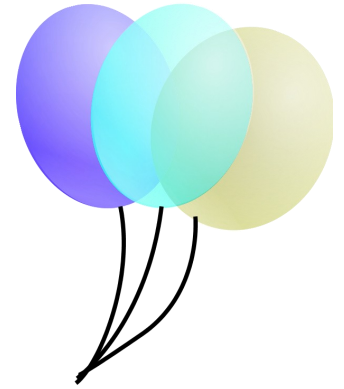


You're Invited to an
elder  lead
Health Seminar



Presented by LifeSpan Resources in partnership with Geminus.

Learn how to take a more active role in your health!

The Elder LEAD program will equip you with tools and resources to help you greatly improve your life and become your own personal health advocate. Elder LEAD provides tips to help you stay informed about your health, improve communication with your doctors, and make the most of local community health resources.

When: Tuesday Apr 10 and Thursday Apr 12
 Tuesday Apr 17 and Thursday Apr 19
Attendance at all sessions is required

Time: Noon

Cost: Free!

Topics: Medication: Are You Using It Properly?
 Alcohol & Older Adults
 Medications & Alcohol Misuse: Is There a Concern?
 Healthy Body & Healthy Mind
 Working Through the Blues
 Help a friend: Suicide Prevention (The Elephant in the Room)

Where: Joe Rhoads Senior Center 123 S. Mulberry St. Corydon

Register with Rick Haines at 812-738-7603(or sign sheet in dining room)

Call today to reserve your spot!

