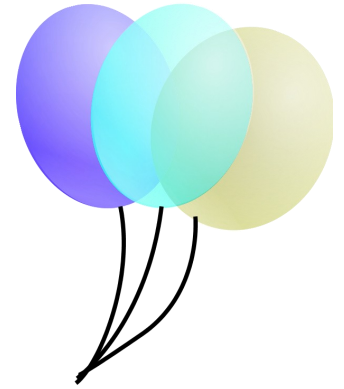


You're Invited to an  
 elder  lead  
 Health Seminar



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 24 and Thursday Apr 26

Tuesday May 1 and Thursday May 3

**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:** Bacala Senior Center, 69 E Wardell, Scottsburg



Register with **Shawna Lewis at 812-206-7976 (or sign sheet in dining room)**

**Call today to reserve your spot!**

