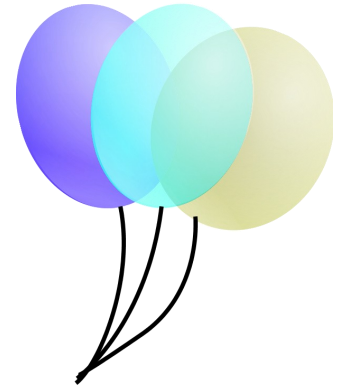


You're Invited to an
 elder  lead
 Health Seminar



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 17 and Thursday Apr 19
 Tuesday Apr 24 and Thursday Apr 26
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: Yellowwood Terrace 2100 Greentree North Clarksville

Register with **Traci Fetz at 812-282-1435 (or sign sheet in dining room)**



Call today to reserve your spot!

