

BODY MIND & SOUL EVENTS
2018-2019
Marianne Sabatka, Helen Chandler - Coordinators

October 17	In the Kitchen with Chef Mark Bartell	9:30 a.m.
December 5	Dealing with Anxiety Lisa Benitez, Clinical Director Presbyterian Counseling Center	9:30 a.m.
January 13	Creating Advanced Directives (Including Dementia) Chaplain Jenny Sumner Carswell	12:15 p.m.
January 23	Simple Things to Keep You More in Shape at Home Lucas Porto, trainer- Elite Strength	9:30 a.m.
February ?	Exploring the Counsel on Aging Resources	
February 20th	Diabetes: Symptoms and Management Janet Foley- Nurse and Diabetes Educator <i>RESCHEDULED FOR FEBRUARY 20 AT 9:30 AM</i>	
March 27	Simple Self-Defense for Women Charley and Tracy Vega	9:30 a.m.
April 7 (Sunday)	“Knowing CPR” DSC Instructor and Firefighter Ken Moorhouse	12:15 p.m.
May 19 (Sunday)	Skin Screening with Dr. John Long	12:15 p.m.

