

BODY MIND & SOUL EVENTS
2018-2019

Marianne Sabatka, Helen Chandler - Coordinators

- October 17 In the Kitchen with Chef Mark Bartell 9:30 a.m.
- November 28 Diabetes: Symptoms and Management
Janet Foley- Nurse and Diabetes Educator 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
- 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.

