



Community Awareness Programs

Keeping Active, Keeping Healthy

During this presentation you will learn important information for 50+ people about keeping active and healthy. Tips that will help you eat better and stay active as well as talk about some of the diseases that become prevalent in older ages.

Is It Normal Aging or Alzheimer's?

How do you know if that forgetfulness you've had is an early sign of Alzheimer's disease, or just normal aging? Many more people are worried that they may have Alzheimer's disease than actually get the disease. Learn the important signs to look out for, signs that tell you it's time to get to the specialist and get checked out.

Brain Health

Keeping your body healthy is important and so is keeping your heart healthy, but did you ever think of what it takes to keep your brain healthy? During this presentation, you will learn some tips on how to challenge your brain.

The Importance of Reminiscing

For families dealing with a person with dementia, this program helps you understand why reminiscing can be a valuable tool for your loved-one and your family.

Popular Websites for Seniors

There are so many websites out there that offer deals, promotions and often bogus information. This presentation will give you sources for the most popular websites for seniors to visit and find good and trusted information.

Leading a Purposeful Life

A quality of life can be determined by the sum of the moments created by you for your family, your community and yourself. Simple activities and interaction can bring happiness and joy. Learn how to live a meaningful and purposeful life even in your retirement years, at this important presentation.

Care Giving for Your Loved-one with Alzheimer's

So you have taken on this important task of caring for a loved-one with Alzheimer's. Come learn tips and methods to help you through the many stages of this disease.

Music That Heals the Soul

Through the year's, music has played an important role in the history of America. What role has music played in your life? In this presentation, we will discuss the timetable of music in American and share our own timetable of music in our lives and what it means to you.

Bouncing Back From Set Backs

Everyone has some sort of major set backs in their life, whether it is an illness, loss of a job, divorce or a death; how you deal with it is important to your overall well being. Come learn some tips on how to bounce back from set backs and what type of characteristics a person has that can do this time and time again.

Fall Prevention for Seniors

Among the elderly, falls are the leading cause of injury resulting in death, the most common cause of nonfatal injuries and hospitalizations for trauma. Learn how to understand and modify risks factors for falls and even prevent them from happening.

To schedule one or all of these topics, call Theresa Johnston, Outreach Coordinator at **281-222-3700**
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