



Health & Wellness

Brought to you by Community Partnership on Aging
and Manor Care of Mayfield Heights



2016 Health & Wellness Topics

Every first Wednesday of the month at 10:00 AM
Ross C. DeJohn Community Center
6306 Marsol Rd. in Mayfield Heights

- February 3: "Healthy Living for a Healthy Brain"
 - March 2: "Home Care"
- April 6: "Eating Right as You Get Older"
 - May 4: "Brainerize"
- June 1: topic to be announced
- July 6: topic to be announced

Beginning in February everyone who attends at least three Health Talk presentations (between February and June) will be entered into a drawing for a mid-year raffle! Attend 4 more (for a total of at least 7 for the year) between June and November and you will be treated to a hot breakfast in December! You do not need to sign up in advance; just come to the community center at 10:00 and stay for the presentation, and you will receive a card for your attendance! And don't forget you can get your blood pressure and glucose checked after the presentation, courtesy of Manor Care of Mayfield Heights!

Screenings take place from 10:30-11:30.