



Health & Wellness

Brought to you by Community Partnership on Aging,
Manor Care of Mayfield Heights and University
Hospitals Center for Lifelong Learning

2017 Health & Wellness Topics

Every first Wednesday of the month at 10:00 AM

Ross C. DeJohn Community Center, 6306 Marsol Rd. in Mayfield Heights

- June 7: Back Pain and Arthritis Management, Roxanne Bell, PT
- July 5: Brainersize – How to Exercise your Brain, Beverly Fertel, Certified Dementia Practitioner
- August 2: Gardening Abundance, Brenda Junkin, President, Bedford Community Garden
- September 6: Aging in Place, Bridget McQuaide, Certified Aging in Place Specialist

ManorCare 
Mayfield Heights

 **University Hospitals**
Center for Lifelong Health
Located at
Richmond Medical Center

