

# your health MATTERS

❖ a monthly educational series by Washington Regional



The Pat Walker Center for Seniors is committed to enhancing the health and wellness of our senior community members. To further meet the needs of our community, we are offering a free monthly educational and physical activity series

Each program will take place on the **3rd Thursday of the month, from 10:30-12:00** (aside from August). The first hour will include interactive lectures, followed by thirty minutes of a guided physical activity associated with the lecture topics. (You do not need to attend both the lectures and the activity.) Please call for a Walking Club schedule.

**The Your Aging Health Matters programs will be held at the Pat Walker Center for Seniors in the Jones Auditorium (12 E. Appleby Road, Fayetteville).** *These programs are open to anyone in the community, regardless of affiliation with Washington Regional. Space is limited, so please pre-register with Gillian Woods, Ph.D. (479-463-4419, ggw49@yahoo.com).*

For more information, go to [www.wregional.com](http://www.wregional.com)

❖ Washington Regional  
Clinic for Senior Health

## Your Aging Health Matters Seminar Schedule

April 15  
**Healthy & Successful Aging**  
Healthy & FITT

May 20  
**Stroke: Awareness, Prevention, Treatment**  
Cardiovascular Activity

June 17  
**Falls: Causes, Prevention, Recovery**  
Balance & Core Activities, AARP // Walking Program Milestone Event

July 15  
**Memory Loss, Dementia, & Brain Fitness**  
Cardiovascular Activity

August 19  
**Sex After 60**  
(10:30-11:10 women only, 11:20-12:00 men only)

September 16  
**Polypharmacy and Alternative Medicinal Treatments (e.g., supplements)**  
Yoga, Pilates, & Flexibility Training

October 21  
**Aging Bones & Joints**  
Strength Training

November 18  
**Caregivers & Mental Health**