



## OCTOBER 2019 SEMINARS

### **Wound Clinic**

**Wednesday, Oct 2, 1:00 pm**

*Sponsored by The Johnson Advanced Wound Center*

Do you suffer from chronic foot wounds due to diabetes? Do you have any non-healing wounds or ulcers? Or do you suffer from venous stasis? If so, please attend a presentation offered by the Johnson Advanced Wound Center.

### **Better Life “Whole Foods”**

**Wednesday, Oct 9, 1:00 pm**

This seminar will cover a variety of food issues. You will learn basic nutrition principles and information on how foods effect your body. Learn how to incorporate “whole foods” into your daily diet, what is meant by “whole foods” and how these foods can make for a better life.

### **Medicare Plans Workshop**

**Wednesday, Oct 16, 1:00 pm**

Join Stateline Senior Services and learn about United Healthcare’s Medicare advantage plan. We will be discussing your options; original Medicare vs Medicare advantage plans, Part D & the donut hole as well as the Medicare Savings Plan. Find out if you qualify for reduced premiums and prescription copays. Stateline Senior Services, LLC. is in Somers CT and has been serving the senior community for 18 years.

### **Hula Hoop**

**Wednesday, Oct 16, 1:00 pm**

*Presented by Touchpoints*

Stand Tall, Don't Fall: A New look at how the Hula Hoop can improve our posture, strength and balance. This program has many levels from the beginner class which is primarily performed sitting, to a more dynamic level involving music and dance like movements. You will immediately experience the benefits of this unique program in just one class! Please join Touchpoints for some fun and laughter and see for yourself how this program can help you.