



Town of Acton
Board of Health

WU

Wellness University

Saturday, April 26, 2008
Parker Damon Building
11 Charter Rd. - Acton, MA
9am-3pm

FREE EVENT



NEW COURSE OFFERINGS FOR 2008!

Wellness University April 26, 2008 Agenda

- 8:45—9:15am Check in participants
Coffee & light refreshments
- 9:15 am Welcome and Comments
- 9:30 Sessions 1—4
- 10:45 Break and exhibit hall
- 11:am Sessions 5-8
- 12:00-1pm Lunch
- 1:15 Sessions 9-12
- 2:30 Evaluation Raffle/End of Event

Parker Damon Building
11 Charter Road, Acton, MA 01720

"The aging of the US population is one of the major public health challenges of the 21st century. With more than 70 million baby boomers in the United States poised to join the ranks of those aged 65 or over, the prevention of disease and injury is one of the few tools available to reduce the expected growth of health care and long term care costs."

- Julie Louise Gerberding, Director,
Center for Disease Control and Prevention

The Town of Acton Board of Health is
pleased to present
Wellness University

Developed in 2007, Wellness University was an innovative program designed for Acton citizens 50 and older. In our second year of programming, the Board of Health is pleased to welcome community agencies and others willing to contribute to a full day of health and wellness programming to the men and women of Acton in their 50's and beyond. Come, learn, enjoy!

WU

Wellness University



Wellness University has been made possible by participating sponsors:

Friends of Acton Nursing Service

Tedeschi's Food Shop/TD's Deli

Donelan's Supermarkets

Dunkin' Donuts of Acton

Teamworks, Acton

Trader Joe's

Lunchtime Spring Fling Fashion Show



MORNING SESSION OPTIONS (9:30-10:45 AM)

1 - **Diabetes Management**—Aldona Finkle, MD, Endocrinologist, Emerson Hospital - We will discuss the latest research findings on how to can manage diabetes.

2 - **Headaches/Migraines**—Barry Levin, MD, Neurologist, Emerson Hospital—Learn how to identify, treat and seek relief from these often debilitating conditions.

3 - **The Diet Colon Cancer Connection** —Ena Sandler MS,RD,LDN - Registered Dietitian, Emerson Hospital—This talk addresses our current understanding regarding the role of diet in the prevention of colon cancer.

4 - **Introduction to Chair Yoga**—Karen Scibinico —Great for beginners and seasoned practitioners! Hatha yoga combines breathing & postures that increase your strength, flexibility, balance and focus. Chair support allows anyone to practice yoga. You don't need to be a pretzel! Wear comfortable clothing.

MORNING SESSION TWO OPTIONS (11AM-12NOON)

5- **Balance & Fall Prevention**—Vivian Fiset, Physical Therapist, Emerson Hospital— This lecture offers helpful tips for people of all ages who want to learn more about improving their balance and preventing serious falls.

6- **Never Forget a Name**—Mary Driscoll, Developmental Educator — Eliminate common memory problems that come with normal brain aging by learning memory strategies that can be used immediately.

7 - **Wound Care**—Wendy Slabodnick, RN and David Margolius, MD, Vascular Surgeon, Emerson Hospital— In the hands of skilled staff with specialized training and access to the latest technology even the most complex wounds can be coaxed to heal.

8 - **Get Active! You can change your life with fitness! Amard Chery, CBC Fitness & Wellness**— Back by popular demand, Amard and his skilled staff will lead you through a great, low impact fitness program that teaches techniques you can take home with you. Please wear comfortable clothing & bring a mat if possible.

AFTERNOON SESSION —OPTIONS (1:15 –2:30PM)

9- **So Your Going To Have Surgery! Merrily Evdokimoff, Acton Public Health Nursing Service**—Learn tools that can be used to make surgery a less traumatic experience and shorten the recuperation time. Get ideas of questions to ask ahead of time, preparatory exercises & preparations you can take to make a"post-op friendly" home. Types of services available and costs will be discussed.

10- **Eat to be Fit.....A Heart Healthy Diet Keeps You Moving!** Peg Mikkola, Minuteman Sr. Services -Learn the dietary guidelines for a heart healthy diet including restriction of saturated and trans fats with suggestions on ways to incorporate more fiber and less sodium into your current meal plans. A nutritionally balanced meal plan is necessary to maximize your cardio-fitness program.

11- **Depression in later years: Is it just the blues or something more?"** - Charles Wasserman, M.D. Psychiatrist, In this lecture, we will look at recognizing symptoms, developing coping strategies & getting the help we need

12- **Making Changes for a Healthier You**—Dr. Sarah Reiff-Hekking— True Life Coaching—Thinking about becoming more active, eating better, managing stress, but can't figure out how to make it work? In this class, you will learn to make changes that improve your health ONE step at a time— identify your wellness goals, review simple steps to reach them and learn how to keep going.

Tear off and Return

Sign Up Form

Please make a **first** and **second** choice for each session. Class sizes are limited and registrations will be taken on a first come-first served basis.

Please Print

Morning Session	Time
<input type="checkbox"/> Class 1	9:30
<input type="checkbox"/> Class 2	9:30
<input type="checkbox"/> Class 3	9:30
<input type="checkbox"/> Class 4	9:30

Name _____

Street Address _____

Town, State _____

Phone _____

Morning Session 2	Time
<input type="checkbox"/> Class 5	11:00
<input type="checkbox"/> Class 6	11:00
<input type="checkbox"/> Class 7	11:00
<input type="checkbox"/> Class 8	11:00

Email Address _____

Afternoon Session	Time
<input type="checkbox"/> Class 9	1:15
<input type="checkbox"/> Class 10	1:15
<input type="checkbox"/> Class 11	1:15
<input type="checkbox"/> Class 12	1:15

Mail form to:
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472 Main Street
Acton, MA 01720
Attn: Wellness University

Questions?
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