

FREE SPRING CLASSES FOR SENIORS



Make an Emergency “Grab and Go” Notebook

Wednesday, March 14, 2018 @ 10:15am.

Presented by Sheila Goodfellow, CSA, Comfort Keepers. Class members will leave with a notebook to record and create an "In-Case-of-Emergency" everything document to keep you and your loved ones informed. You will receive a checklist to help you organize your personal information and records. You and your loved ones can have greater peace of mind knowing this information is collected and organized in one place that, if needed, your emergency contacts can easily be accessed. **You must register for this class** so all needed materials will be available at the time of class for you to put your notebook together.

Fall Prevention, Wednesday, April 11, 2018 @ 10:15am. Presented by Brett Neilson and, Physical Therapists with Outpatient Physical Therapy and Rehabilitation Services. One in every three adults over the age of 65 will experience a fall each year. 70% of these falls are preventable by making simple life changes. This class will help you learn simple steps to prevent falls and lead a healthy life. **FREE fall screening will be provided by experienced healthcare professionals.**

Eating Well to Reduce Fatigue, Wednesday, May 9, 2018 @ 10:15am. Presented by Christy Goff, MS, RDN, CD, Dietician for Pacific Medical Center, Living Well Alliance. Fatigue or exhaustion is a common clinical complaint among older adults. It can significantly interfere with a person's ability to function at home. This workshop will identify factors that affect fatigue. Learn some coping skills and what foods and vitamins can help.

Sponsored by:



253-945-1400

**All Classes held at the Center at Norpoint
4818 Nassau Ave. NE, Tacoma, WA 98422
Please register at: (253) 404-3900**