



CLASS SCHEDULE FOR THE SPRING 2018

SeaTac Community Center

13735 – 24th Ave. S., Seatac, WA 98168

Call Kathleen to register at 206-973-4680



LIVING WELL WITH CHRONIC ILLNESS

Wednesday, March 21, 2018, 12:30pm

Living with chronic illness affects the whole family, the person with the chronic illness, the primary caregiver and other family members who are less involved but deeply care. Learn key strategies for improving communication with your health provider care team and caregivers. This one hour workshop will discuss:

- What is chronic disease and who has it
- Why bother with "management" of Chronic Disease
- Planned Care vs Demand "Care"
- What Resources are available to help patients and caregivers.

Presented by: Barbara Gehrett, MD, Living Well Alliance, Pacific Medical Centers

EATING WELL TO REDUCE FATIGUE

Wednesday, April 18, 2018, 12:30pm

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.

Presented by: Christy Goff, MS, RDN, CD, Dietician for Pacific Medical Center, Living Well Alliance.

LIFESTYLE CHOICES FOR SENIORS HOUSING OPTIONS AS WE AGE

Wednesday, May 16, 2018, 12:30pm

Today, people nearing, or in, retirement have many choices in how and where they grow old. Where you live is fundamental to the Life Style you will enjoy. This workshop will examine the various housing options and the Pros and Cons of each. You will receive an aging-in-place Design Checklist. Since some Life Style choices require the selling of a property, we also take a look at options for selling, and the Pros and Cons of each.

Presented by: Carolyn Edmonds and Al Franzen - The Sound Properties Team



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