

Health & Wellness

Frederick

50+ Center



FRESH
CONVERSATIONS

Fresh Conversations Sugar: Sinfully Sweet

Cost: \$0 Pre-registration required
Dates: 12/2 12:30 pm

Each month a new topic with nutrition info,
discussion and food tastings.
Check Calendar for upcoming offerings!



Eating for Diabetes and Pre-Diabetes

Presenter: Thu Huynh, Registered Dietitian, Giant
Dates: TH, 12/5 12:30 pm —drop in

- Learn more about balancing carbs and protein for improved blood sugar control.

Cold Awareness & Injury Prevention

Presenter: Matthew Burgan, Medic, Frederick County Fire & Rescue Services
Dates: 1/8, 12:30 pm

- It's winter, it's freezing! We don't want life to stop! How can we cope with the cold weather without getting ill?

Ask Nurse Steve: How Does Preventive Medicine Benefit Me?

Presenter: Steve Stokye, LPN
Dates: TH, 1/16 12:30 pm —drop in

- A discussion on preventive medicine and healthy living options

Registration Options

To register for free presentations, please email or visit the center in person
Email: DMarkowitz@FrederickCountyMD.gov
Lunch reservations can be made by calling 301-600-1048

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Two Programs!

Order Lunch for Thursday, February 6 & get the big picture on Aging in Place!

#1 Aging in Place: In Home Assessments

Presenter: Geoff Littrell, AERS

Date: TH, 2/6 11:00 am



Offers in-home evaluation and assessment for aged and/or disabled adults. Provides recommendations and identifies resources to help those at risk for nursing facility placement to remain living in the community.

#2 Home Health Services

Presenter: Desirae Dimapan, Home Call Community Liaison

Dates: TH, 2/6 12:30 pm—drop in



HomeCall:

- Do you know the difference between Home Health and Home Care?
- Learn the hows and whys of home health services
- Can these services help me stay in my home?

Ask Nurse Steve: Is Aphasia a Country?

Presenter: Steve Stokye, LPN

Dates: TH, 2/20 12:30 pm —drop in

- A discussion of the condition affecting speech and understanding language

Ask Nurse Steve: Did I have a Good Nights Sleep? Right!

Presenter: Steve Stokye, LPN

Dates: TH, 3/19 12:30 pm —drop in

- A discussion on sleep disorders and getting the rest you need

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