HEALTHY LIVING SERIES

2019 - 2020

McLaren Bay Region’s Healthy Living Series offers FREE educational programs to promote health and well-being. You can attend just one program of interest, or attend all nine. We want you to feel more energetic and healthy through diet and exercise, use of good body mechanics and reduction of health risks. There is no better time than now to take a step toward a healthier lifestyle!

REGISTRATION FORM (no fee required)
YES, PLEASE SIGN ME UP FOR:

☐ How to Live With Arthritis
☐ Urinary Incontinence and Pelvic Pain
☐ The Heart of the Matter: Cardiac Risk Factors and the Heart Healthy Diet
☐ Chronic Venous Insufficiency (CVI) and It’s Effects on the Lymphatic System
☐ Healthy Aging: How You Can Benefit From Exercise Later in Life
  □ 6pm - 7pm session
  □ 7pm - 8pm session
☐ Dementia Awareness 101
☐ How to Stay Safe in Your Home
☒ “Ouch! My Shoulder and Arm Hurts!”
☐ Understanding Stroke

Name: __________________________
Address: _________________________
City: _____________________________
State/Zip: _________________________
Phone: ___________________________

FOUR WAYS TO REGISTER!
• Call (989) 667-6600
• Fax this form to (989) 667-6610
• Online at mclaren.org/bayclasses
• Mail this form to: Center for Rehabilitation 3190 East Midland Rd. Bay City, MI 48706
All programs except Healthy Aging: How You can Benefit from Exercise Later In Life will be held from 6pm - 7:30pm at the Lincoln Center at 820 South Lincoln Street, Bay City.

Healthy Aging: How You Can Benefit from Exercise Later In Life will be held at the West Side Medical Mall at 4175 N. Euclid, Bay City from 6pm - 7pm and 7pm - 8pm.

WEDNESDAY, OCTOBER 23, 2019
How to Live With Arthritis
Presented by: Amanda LaVigne, Occupational Therapist
Arthritis is a leading cause of disability. Learn tips on how to manage arthritis, home modification to manage pain and prevent deformity, as well as exercises to help keep you strong.

TUESDAY, OCTOBER 29, 2019
Urinary Incontinence and Pelvic Pain
Presented by: Sharon VanMullekom, Physical Therapist and Lisa Lamont, Physical Therapist
Have you ever sneezed or coughed and had urine leakage? This is a common condition affecting both men and women and is not a normal result of aging or an unavoidable consequence of childbirth. Learn how physical therapy can help.

TUESDAY, NOVEMBER 5, 2019
The Heart of the Matter: Cardiac Risk Factors and the Heart Healthy Diet
Presented by: Dan Simmeyer, Certified Clinical Exercise Physiologist and Megan Geierman, Registered Dietitian
This program will review the risk factors for heart disease and how to modify your lifestyle to reduce these risks. Learn how to incorporate activity/exercise into your daily routine and how to prepare heart healthy meals at home.

TUESDAY, NOVEMBER 12, 2019
Chronic Venous Insufficiency (CVI) and its Effects on the Lymphatic System
Presented by: Kristin Rousseau, Physical Therapist/Certified Lymphedema Therapist
How does the venous system work and what is Chronic Venous Insufficiency (CVI)? What is lymphedema and what can I do about my chronic lower leg swelling? Learn the answers to all of the above and more.

THURSDAY, APRIL 23, 2020
How to Stay Safe in Your Home
Presented by: Mary Mosher, Occupational Therapist
Learn strategies that will help keep you independent and safe in your home. Equipment, home modification, reducing falls, and available assistance programs are just some of the areas covered in this course.

TUESDAY, MAY 5, 2020
"Ouch! My Shoulder and Arm Hurts!"
Presented by: Kevin Worch, Physical Therapist/Board Certified Geriatrics Specialist and Deb Tunney, Physical Therapist Assistant
Are you having shoulder pain with movement? Learn how the shoulder works, what the "rotator cuff" is, and why it causes so much trouble. Learn about treatment options and what you can do to improve your symptoms.

WEDNESDAY, MAY 20, 2020
Understanding Stroke
Presented by: Marty Krzyniowski, Occupational Therapist and Amanda Faber, Physical Therapist
This program will teach the signs and symptoms of stroke and what to do in the event of a stroke. Learn valuable information about the different types of strokes, ways to reduce your risk, and the rehab process following a stroke.

McLaren
BAY REGION
DOING WHAT’S BEST