

12:45 – 1:30 pm

Exercise for Mental Health:

How exercise keeps the mind healthy

It's 21 for a Reason: Make an impact on your grandchildren by lessening the risks of underage drinking

Relaxation and Stress:

Discover the many health benefits of relaxation and controlling stress

Tai chi for Arthritis: Agile steps that may improve mobility, breathing, and relaxation

Insider's Travel Tips: Safe and prepared travel in today's world

12:45 – 3:30 pm

Medicare Part D Personalized Comparisons:

With a trained counselor, choose your best plan.
**Please bring your current medication list*

1:30 – 3:30pm (as needed)

Optional Health Screenings

Please select all you are interested in.

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Balance | <input type="checkbox"/> Hearing |
| <input type="checkbox"/> Bone Density | <input type="checkbox"/> Respiratory |
| <input type="checkbox"/> Flu Vaccines | <input type="checkbox"/> Skin Damage |

Registration Form and nonrefundable **\$10.00 fee** due by **9/30/11** to:

Somerset Hills YMCA

140 Mt Airy Rd., Basking Ridge, NJ 07920

Attn: **Senior Health Summit**

Health Screening Information

To receive a health screening, please bring a photo ID with you.

Balance Screening: A Physical Therapist will provide a risk factor questionnaire and assess your balance.

Bone Density Screening: This test will give you information about your risk for osteoporosis.

** Please bring physician contact information so that results can be forwarded. If you have had a DEXA scan, you do not qualify for this test.*

Flu Vaccines: Free with your Medicare Part B card; \$25 for non-Medicare participants

Respiratory Screening: Simple spirometry is used to look for any restriction or obstruction in your airway.
**Not appropriate for someone who has been diagnosed with a respiratory disease, or had recent surgery.*

Skin Damage: Includes education on skin cancer prevention and a dermascan screening to identify damaged skin.

SENIOR HEALTH SUMMIT

Thursday

October 20, 2011

9:00 am – 2:30 pm



Somerset County

Senior Wellness Center

202 Mt. Airy Rd., Basking Ridge, NJ

**For additional information
please call 908-704-6346**

SENIOR HEALTH SUMMIT

Please join us for a fun and educational day filled with new activities, health education, and new friends.

Sponsored by:

- **Bernards Township Health Dept.**
- **Bernards Township Recreation**
- **Somerset County Office on Aging & Disabilities Services**
- **Somerset Hills YMCA**
- **Visiting Nurse Association of Somerset Hills**

Our Mission is to: Empower, educate, and engage seniors in the Somerset Hills area on use of local health and community resources to promote optimal health and well being.

1. Registration for workshops and screenings is mandatory and on a first come first served basis.
2. Registration is \$10.00 and includes lunch.
3. Carpooling is recommended.

RESERVE YOUR SPOT TODAY!

SCHEDULE OF EVENTS

9:00 am – 9:30 am

Registration & continental breakfast sponsored by Building **Youth** of Bernards Township Health Department

9:30 am – 10:30 am

Keynote Speaker

“Prescription Exercise”

Dr. Deborah Neiman,

Learn how regular exercise helps you maintain your independence and quality of life by producing long term health benefits

10:45 am – 11:30 am

Morning Workshops

11:45 am – 12:30 pm

Catered healthy lunch

12:45 pm – 1:30 pm

Afternoon Workshops

1:30 pm – 3:30 pm (as needed)

Optional Health Screenings and Flu Vaccines

REGISTRATION FORM

Name _____

Address _____

City _____

State _____ Zip _____

Daytime Phone _____

Email address: _____

Date of Birth: _____

Circle Lunch Choice:

Regular Vegetarian Diabetic

Please register me for the following classes.

(Please select a 1st and 2nd choice per session)

10:45 - 11:30 am

_____ **Balance & Fall Prevention:**

Exercises to improve balance and fall prevention

_____ **Healthy Aging Brain:**

Lifestyle choices that can help keep your brain healthy

_____ **Internet 101:** Fundamentals of accessing the Internet

_____ **Is it Dementia, Depression, or Diabetes?**

How what you eat affects Type 2 Diabetes and its affect on your brain

_____ **Oh My Aching Back:** Proper back care

_____ **Yoga:** Bring the body, mind, and heart into a more balanced union