



Healthy Aging: 2016 Schedule

- JANUARY 19, 2016 **IT TAKES A TEAM**
Presented by NFRMC President & CEO Brian Cook and CMO Dr. Ann Weber
- FEBRUARY 16, 2016 **HEART TESTS THAT CAN SAVE YOUR LIFE**
Interventional Cardiologist Dr. James O'Meara and Diagnostic Services Director Sandy Daughtry speak about advanced imaging and lab tests that help deliver accurate assessments of heart attack risks.
- MARCH 15, 2016 **EYE HEALTH – ADAPTING TO EYE DISEASE**
Presented by Ophthalmologist Dr. Lauren McDonald
- APRIL 19, 2016 **STRESS OF AGING**
Presented by Psychologist Dr. Courtney Stahl
- MAY 17, 2016 **NO BONES ABOUT IT – WHAT YOU SHOULD KNOW ABOUT OSTEOPOROSIS**
Presented by Andrea Koff, PharmD, CGP from the Senior Healthcare Centers
- JUNE 21, 2016 **MEN'S HEALTH**
Presented by Dr. Rafael Cott from the Senior Healthcare Centers
- JULY 19, 2016 **SLEEP DISORDERS**
Presented by Steven Arnett, MBA, RPSGT
- AUGUST 16, 2016 **VACCINES FOR SENIORS**
Presented by Carl Smith, PharmD, from the Senior Healthcare Centers
- SEPTEMBER 20, 2016 **THYROID CONDITIONS**
Presented by an Endocrinologist from ACCENT
- OCTOBER 18, 2016 **DRIP, DROP, DROOP: PELVIC AND BLADDER PROBLEMS**
Presented by Urologic Gynecologist Dr. Gregory Bailey
- NOVEMBER 15, 2016 **MEDICATIONS TO TREAT DEMENTIA**
Presented by Andrea Koff, PharmD, CGP from the Senior Healthcare Centers

Healthy Aging Seminars take place on the 3rd Tuesday of each month in the Tower Club Ballroom at 3:30 p.m. These topics may change throughout the year, and we will keep you updated. If you have a suggestion for a topic that is not listed, please let us know.