

Community Y Spring '10

Health Forum Series

All sessions are held in the Party Room

Mon. March 1	1:15 p.m.	Glenn Ytzen and Mary Christensen SHIP Volunteers	Wading thru the Maze of Medicare Supplement Insurance and Medicare Advantage Plans.
Mon. March 8	1:15 p.m.	Jessica Williams Audiologist Wolfe Audiology	Can You Hear Me Now?
Mon. March 15	1:15 p.m.	Dr. James E. Carmichael Back and Neck Care	Eliminate Your Pain.
Mon. March 22	1:15 p.m.	Joann Drake MMSC Rehab Staff	Exercise Tips and Energy Saving Principles.
Mon. March 29	1:15 p.m.	Diane Pixler Marshall County Conservation Board	The Magnificent Monarch Journey
Mon. April 5	1:15 p.m.	Stacey Loftus Dietician HyVee Food Store	Nutrition to Keep Seniors Healthy and Active and How to use the NuVal System.
Mon. April 12	1:15 p.m.	Christine Jacobson, LD, RD Community Y Dietician	Power Foods– Eating the Best Foods on the Planet. (Samples!) and Artificial Sweeteners.
Mon. April 19	1:15 p.m.	Buck and Georgia Dates Cooking for the Retired	Greek Food! (Samples!)
Mon. April 26	1:15 p.m.	Daryl Lorell Speech Pathologist Stacey Huffman, OTR/L MMSC Rehab	Memory and How to Keep a Healthy Brain with Activities.



Come to any session that interests you! Everyone is Welcome!
No Charge– Community Y membership is not required
For more information please contact Megan Bagnall at
megan.bagnall@ymca-ywca.org or 641-752-8658.