



Senior Preferred Club

Health and Wellness Luncheon Schedule - 2019

11:30 a.m. – 1 p.m. in Liberty Room 2, at Shasta Regional Medical Center

<u>Date</u>	<u>Topic</u>
February 21	Heart Health – The latest heart health information for seniors <i>Facilitated by: Donna Hansen RNC, CCRN, Cardiac Rehab Charge Nurse</i>
May 5	Stroke Awareness, Signs, Symptoms and Treatment <i>Facilitated by: TBA</i>
August 15	Hip and Knee Replacement- Learn the Facts <i>Facilitated by: Dr. Schwartz, Orthopedic Surgeon</i>
November 7	Diabetes and Your Heart... <i>Facilitated by: Joanne Tippin, Diabetes Educator Pauline Asbil, Diabetes Program, YMCA</i>

Seating is limited, please RSVP at 244-5462 between 10 a.m. and 2 p.m. Monday through Friday to reserve your seat.

Doors open at 11:30, lunch is served at 11:45 and the speaker will begin at noon.