

2019

HEALTHY AGING

Community Enrichment Program

These free-to-attend, monthly programs are open to anyone, of any age! Enjoy a free cup of coffee or water while you learn!



RAY & JOAN

KROC

CORPS COMMUNITY CENTER

For more information contact:

Amy Junkerman, Fitness Initiatives Coordinator

217.231.5640 | 405 Vermont Street, Quincy, IL

JULY 24 @ 10am

MANAGING MEDICATIONS

Knowing when to take what medication is extremely important. Make plans to attend this seminar to find out about the whens & hows of meds!

Speaker: Glenda Knight
Hy-Vee Pharmacy

AUGUST 28 @ 10am

ALL ABOUT SKIN CANCER CHECKS & PREVENTION

Riverside Dermatology will be at The Kroc to talk about skin cancer checks & prevention.

Speaker: Riverside Dermatology

SEPTEMBER 18 @ 10am

MEDICARE COVERAGE & NURSING HOMES

We welcome Brian Inman, marketing manager & resident relations at St. Vincent's Home, as he informs about this uncertain subject.

Speaker: Brian Inman, St. Vincent's Home

ALL SESSIONS TAKE PLACE AT THE KROC CENTER IN MEADOWS C

OCTOBER 23 @ 10am

FALL PREVENTION & TREATMENTS

A Quincy Medical Group physical therapist will be demonstrating exercises to keep you on your feet.

Speakers: Kristin Thompson
QMG Physical Therapist

NOVEMBER 20 @ 10am

PROTECTING YOURSELF FROM IDENTITY THEFT/FRAUD

Do you know the signs of identity theft? Find out how to protect yourself from it at this very important seminar.

Speaker: Allison Johnson
Members First Credit Union

DECEMBER 18 @ 10am

HAPPY PEOPLE & THEIR HABITS

Ever wonder what makes some people so happy? Learn about their habits & attitudes regarding life.

Speaker: Rick Thomas
Thomas Family Insurance

ASK ABOUT OUR HEALTHY AGING 8-WEEK SERIES FOR SENIORS 62+

Weekly classes focus on physical fitness, nutrition, & wellness education.