

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

JANUARY 30 @ 10am

BALANCE, ORTHOTICS, & FALL PREVENTION

There are simple steps you can take to prevent and decrease the risk of falls. This session will help you learn about maintaining balance, along with how orthotics can help.

Speaker: Dr. Linda Wensing, Podiatrist

FEBRUARY 27 @ 10am

Q&A WITH MAYOR MOORE

Mayor Kyle Moore will be our guest speaker. Ask questions/get answers about Quincy's future.

Speaker: Mayor Kyle Moore

MARCH 27 @ 10am

MINDFULNESS & STRESS MANAGEMENT

How does stress manifest in your personal life? Attend this seminar to learn how to cope with stress.

Speaker: Alan Obert, LCSW

ALL SESSIONS TAKE PLACE AT THE KROC CENTER IN MEADOWS C

APRIL 24 @ 10am

FOOD IS MEDICINE

Quincy Medical Group dietitians will be talking about what foods can benefit your health and energy levels.

Speakers:
Brenna Webster
Angie Zanger

MAY 29 @ 10am

HEALTHY SLEEP

Did you know that how you use your time before bed may impact the quality and quantity of your sleep? Find out other tips at this seminar.

Speaker: Rick Thomas, Humana

JUNE 26 @ 10am

ALZHEIMER'S AWARENESS

At this session attendees will learn about the various signs and symptoms of Alzheimer's and ways the Alzheimer's Association can help.

Speaker: Quincy Alzheimer's Association Representative

COMING SOON!

New Healthy Aging Classes focusing on physical fitness, nutrition, & wellness education.