

WOW!

Well on Wednesdays Lecture Series

A complimentary service of the Lake County Council on Aging



Wednesday, January 20, 2010

VA Benefits – Getting the Most from Your Service
Presented by Ginny Geffert
Representative from the VA Service Commission

Learn about the many common services and programs available as well as the multitude of little-known benefits and entitlements for you, your dependents and your family. Spend an hour with us to learn how you can save money and save time.

Wednesday, February 24, 2010

Maintain Your Brain: How to Live a Brain Healthy Lifestyle
Presented by Maureen Ordman-Fike
Education & Outreach Specialist, Alzheimer's Association
Cleveland Area Chapter

This lecture will focus on a mind, body, spirit approach:
The Brain: how it works, normal age related changes versus serious memory
The Body: heart –brain connection, exercise and healthy eating,
The Person: social, managing stress, dealing with depression and keeping a purpose in life.

Wednesday, March 10, 2010

Missing Adults - Silver Alert!
Presented by Brent Currence
Manager of the Missing Children Clearinghouse

Learn about the statewide missing adult program and how families and caregivers can ensure their loved ones are safe. The program assists law enforcement in locating missing adults that are 65 years of age or older or have a mental impairment. Since implementation of the alert last year, 126 Missing Adult Alerts have been issued.

Wednesday, April 21, 2010

Prescription for Trouble?
Presented by Melanie Blasko
President & CEO Lake-Geauga Recovery Center

Many people take more than one medication daily or are considering modifying their intake to save money and reduce monthly prescription expenses. Learn how to protect your health, save money and reduce your dependence on multiple medications that could prove toxic or deadly.

**All lectures begin at 5pm
and last one-hour.**

All lectures are FREE and held at the Lake County Council on Aging offices, 8520 East Avenue, Mentor. Lectures run one hour and begin at 5pm. Light snacks and refreshments will be served.

Seating is limited.
Please RSVP by the Friday prior to the lecture you'd like to attend to ensure your seat.

440-205-8111

empower lives!



COUNCIL ON AGING
Lake County

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