

HEALTH EDUCATION

Evergreen Hospital Medical Center senior health classes are funded in part through levy money paid to King County Public Hospital District No. 2. To receive the quarterly Evergreen Horizons newsletter with a class calendar, please call 425-899-1858. The classes below with a * are Evergreen Hospital Medical Center sponsored classes.

Note: Please sign up to attend any of these health classes. These classes will be cancelled if we do not meet our five person minimum.

Improve Your Health

Want to improve your overall health, physical and/or emotions? Have you been diagnosed with any chronic conditions or mental health issues such as depression or anxiety? Is your current health or another life situation keeping you from being physically active or socially engaged? Come to this special session to learn how YOU can make positive health changes with the help, support and encouragement of a health team, RN and Social Worker, make an "action plan" to help you be successful accomplishing your personal health goals!

M Senior Center
Thursday, Jul 8, 11am - noon
Facilitator: Lee Gresko, RN, 206-268-6740;
leeg@seniorservices.org

***What You Need To Know About Shingles**

Shingles is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons. Learn causes, symptoms and various treatments.

N Room 203, **Free**
Tuesday, Jul 13, 12:45pm - 2pm
Call 425-487-2441 to register.

***Avoid Brain Drain**

Improve your mental health with memory boosting foods such as fruits, vegetables and even coffee. Be sure you remember to incorporate them into your diet!

M Senior Center, **Free**
Wednesday, Jul 14, 10am - 11am
Call 425-948-7170 to register.

***How To Follow A Heart Healthy Diet**

Increase your awareness of how excess salt and fat adversely affect heart function and how you can keep your diet well-balanced and hearth healthy. Low sodium and low fat recipes will be included.

K Kenmore Senior Center, **Free**
Monday, Jul 19, 11am - noon
Call 425-489-0707 to register.

***Manage Your Blood Pressure Through Nutrition**

Learn why good nutrition can help lower your blood pressure, which foods you should be eating and helpful tips to incorporate those foods into your diet.

N Room 203, **Free**
Tuesday, Jul 27, 12:45pm - 2pm
Call 425-487-2441 to register.

***Glaucoma: Your Narrowing Sight**

Glaucoma is a condition that affects millions of Americans. Unfortunately, it is the "silent thief" of vision. Many times it goes unnoticed by patients. We will discuss the condition, what can be observed, and how it can be slowed.

N Dining Room, **Free**
Tuesday, Aug 3, 12:45am - 2pm
Call 425-487-2441 to register.

***A Closer Look At Alzheimer's**

Take an in-depth look at Alzheimer's including the early warning signs, diagnosis, prognosis and current research.

M Senior Center, **Free**
Wednesday, Aug 11, 10am - 11am
Call 425-948-7170 to register.

***Upset Stomach, A Naturopathic Approach**

Take a closer look at common digestive problems such as constipation, diverticulosis and hiatal hernia. Find out why they increase with age and how you can calm an upset.

K Kenmore Senior Center, **Free**
Monday, Aug 16, 11am - noon
Call 425-489-0707 to register.

N=Northshore, **H&W**=Health and Wellness,
K=Kenmore, **M**=Mill Creek, **W**=Woodinville

***Moving Through The Pain**

Loosen the grip of arthritis, fibromyalgia and other sources of stiffness in your body. Connect to your inner healer and move through the pain.

N Dining Room, **Free**
Tuesday, Aug 24, 12:45am - 2pm
Call 425-487-2441 to register.

***Diabetes: The Facts**

It is important for those with diabetes to monitor and manage it properly. Find out what can be done to help those with diabetes remain living healthy.

M Senior Center, **Free**
Wednesday, Sep 8, 10am - 11am
Call 425-948-7170 to register.

***Trouble Choosing Supplements**

There are so many types and brands of supplements on the market today that it is hard to know which are right for you. We will discuss quality, brands and absorbability of supplements. This class should make your next visit to the vitamin shop less challenging.

N Room 203, **Free**
Tuesday, Sep 14, 12:45pm - 2pm
Call 425-487-2441 to register.

***Senior Strength**

Resistance training not only improves your strength but can aid with healthier bones and joints, weight loss and increased energy. Discover strength-training basics you can do at home that are appropriate for all fitness levels.

K Senior Center, **Free**
Monday, Sep 20, 11am - noon
Call 425-489-0707 to register.

Colon Cancer - It's Preventable

Colon cancer is the second leading cause of cancer death in both men and women in the United States, but it doesn't have to be. If everyone aged 50 or older had a regular screening test, as many as 80% of deaths from colon cancer could be prevented. Learn about the risk factors and screening process of colon cancer, it could save your life!

M Senior Center, **Free**
Wednesday, Sep 22, 10am - 11am
Please pre-register
Facilitator: Anne Miles, Citrine Health

***Getting To The Heart of Diabetes**

Diabetics are two to four times more likely to have heart disease or suffer from a stroke. We will explain recent innovations surrounding diabetes management, symptoms based treatments and heart disease.

N Room 203, **Free**
Tuesday, Sep 28, 12:45pm - 2pm
Call 425-487-2441 to register.

HEALTH PROGRAMS

Living Well With Chronic Conditions

Life out of control? Need better coping skills? What to feel better? Living Well with Chronic Conditions is a 6-week educational workshop that helps you regain self-confidence and better manage your chronic condition so you can **Live Well!**

K Senior Center
Wednesdays, Aug 25 - Sep 29, 10am - noon
Facilitator: Lee Gresko, RN and
Stefanie Bonigut, MSW
Pre-registration required: Call 425-489-0707
or Stefanie Bonigut at 425-286-1047 or
stefanieb@seniorservices.org

Matter of Balance

This 8-session workshop is designed for anyone who has had a fall or has become less active due to fear of falling, uses a cane or walker. Aging is often accompanied by changes in balance and/or loss of strength. Learn about fall hazards and change your thinking about inactivity. This program includes exercises in class to improve strength and balance. Comfortable clothes and sturdy shoes are advised.

\$4 for class workbook

K Senior Center
Mondays and Wednesdays, Jul 7 - Aug 2
10:30am - 12:30pm
Pre-registration required: Call 425-489-0707
Facilitator: Lee Gresko, RN, 206-268-6740;
leeg@seniorservices.org

Think Thin

See descriptor of Think Thin program under Support Group section.