

Have a Happy, Healthy Year!

Attend Our Health & Wellness Programs!

2010 Wellness Programs Schedule

January

Compassion Fatigue

February

Living with Arthritis

March

ACHOO! - Seasonal Allergies

April

Was that a Tick? - A Look at Lyme's Disease

May

The Leg Bone Connected to The Knee Bone-A Look at Bone and Joint Health

June

Maintaining a Healthy Bladder

July

Controlling Your Blood Pressure

August

Oh My Aching Head!

September

Walking a Little Easier-Hip & Knee Replacement and What to Expect

October

I Can See Clearly Now-A Review of Eye Health, Cataracts and Glaucoma

November

Alzheimer's Disease

December

Tossing & Turning-A Look at Insomnia and Sleep Disorders

Locations, Days, & Times

Luther Ridge Retirement Village
Fleck Center
2998 Luther Drive, Chambersburg
Third Thursday, 10:00 a.m.

Quincy Village
The Hess Community Room
6596 Orphanage Road, Quincy
Second Wednesday, 1:30 p.m.

The Village at Sprengle Drive
Glatfelter Center
1802 Folkemer Circle, York
First Tuesday, 10:00 a.m.

Golden Visions Senior Center
250 Fame Avenue, Suite 125, Hanover
Second Friday, 10:30 a.m.

Lutheran Retirement Village at Utz Terrace
Community Center
2100 Utz Terrace, Hanover
Second Friday, 9 a.m.

Gettysburg Lutheran Retirement Village
Fellowship Hall
1075 Old Harrisburg Road, Gettysburg
First Tuesday, 2 p.m.

Carroll Lutheran Village
205 St. Mark Way, Westminster
Second Wednesday, 10:30 a.m.
Garden Terrace - Jan, Mar, May, Jul, Sept, Nov
Wellness Center - Feb, Apr, Jun, Aug, Oct, Dec

All programs are free and reservations are not required!



Lutheran Home Care & Hospice, Inc.
A Ministry of Lutheran Social Services

www.lutheranhomecare.org