



WELLNESS WORKSHOP TOPICS

YOU ARE WHAT YOU EAT

Now, more than ever, healthy eating is important to maintaining your energy and health. As you age, your relationship to food changes along with your body. A decreased metabolism, changes in taste and smell, and slower digestion may affect your appetite, the foods you can eat, and how your body processes food. The key is to figure out how to adapt to your changing needs. This workshop will teach you how to get the most nutrition, without sacrificing flavor, out of your food.

THE FIVE HABITS OF YOUNGER FEELING PEOPLE

Eating well. Finding activities you enjoy. Staying connected. Exercising your body and mind regularly. Sleeping well. Sounds pretty simple doesn't it? By engaging in these five habits, you can feel better and younger. This workshop will discuss strategies for incorporating these activities into your life.

THE MIND AND BODY BENEFITS OF MAKING ART

Did you used to love to sing, act, play an instrument or paint? Arts education programs can have extremely positive effects on the general and mental health of older adults. Learn about some of the benefits that the different creative expressions can have. Even if you don't think you have a talent, or it's been years since you expressed yourself creatively, learn why there's no better time than now to get creative!

INCREASE YOUR ORGANIZATION, INCREASE YOUR PRODUCTIVITY

It is not only our homes and offices that get cluttered. Our minds get overwhelmed with new ideas, important dates, things we must do and all the "where did I put it?" questions. If lately you have been yearning to bring simplicity and clarity into your life, this workshop will teach you easy steps that will help you get more organized and more productive.

DIFFICULT CONVERSATIONS: EFFECTIVE COMMUNICATION AND DECISION MAKING WITH YOUR LOVED ONES

The time to start speaking with your aging loved one is *before* a crisis hits. This workshop will provide you tools to help you start these difficult conversations, discuss sensitive topics and navigate your way through the many decisions that lay ahead.

STAY SAFE, STAY INDEPENDENT

As we age, physical and mental changes can create safety hazards for us. This workshop will teach you to identify risk factors in your life and home as well as strategies to maintain your quality of life and stay safe.

KNOW THE 10 WARNING SIGNS: EARLY DETECTION MATTERS

In partnership with the Alzheimer's Association® National Capital Area Chapter

Memory loss that disrupts your everyday life is not a typical part of aging. It may be a sign of Alzheimer's disease, a fatal brain disease that gets worse over time and causes changes in memory, thinking and reasoning behavior. Knowing the 10 Warning Signs of Alzheimer's disease is vital to being diagnosed early and receiving the best help and care possible.

THE BENEFITS OF MASSAGE IN OLDER ADULTS

Everyone knows that a massage feels good, but the benefits go well beyond soothing, aching muscles. Learn how massage can provide symptomatic relief from many common conditions that occur with age such as arthritis, diabetes, Parkinson's disease, cancer, stroke and Alzheimer's disease.

If you are interested in having us present one of these workshops, please contact Rachel Weisman at 301-588-8200 or rweisman@familynursingcare.com.