

Healing Here at Home

April 2013 Active Aging Series

Balance for Life

With Joanna Brown, PT
Tuesday, April 2, 3-4 pm

Healthy Nutrition for the Active Senior

With Allison Evanson, RD
Tuesday, April 9, 3-4 pm

Medication Management

With Chris Kutza, Pharmacist, and Susan Kemble, RN
Tuesday, April 16, 3-4 pm

Aging in Place: How to Do it Gracefully

Tips to modify your home safely and to simplify your life
With Julie Souza, OT, and Kimberly Carbonaro, OT
Tuesday, April 23, 3-4 pm

Healthy Backs

Learn Practices to strengthen and protect your back
With Marek Grzybowski, PT
Tuesday, April 30, 3-4 pm

Classes are FREE

Please RSVP at 935-5469

Classes held in the Café
at Sonoma Valley Hospital.

Light refreshments will be served.

