

# Senior Connection Presentations

Thursdays 1:00-2:30PM

October, November, December 2018

**October 4**

## I've Fallen! Now What do I Do?

**Kay Lynn Clifford, PT**

This class will teach you about your risks for falling and how to prevent falls. You will learn some simple balance exercises you can do every day and learn what to do if you do fall.



**October 18**

## Go With the Flow

**Christine Davis, 500 RYT Certified**

This course will introduce you to techniques to change how you react to **STRESS**... learn how you can change your chemistry with one breath, how you can feel better in your body, **right now!** Learn how your breath integrates mind, body, and spirit. You've had the power all along! Christine has taught yoga for over 25 years at the Presbyterian Healthplex. Her approach is one breath at a time, one student at a time. Everyone should receive something personal in every class. Learn to notice how you feel!

**November 1**

## Mystery Tours

**Judy Fuller, Sun Tours Community Marketing Specialist**

Do you enjoy a mystery? Join us to learn about the fun and exciting Mystery Tours at Sun Tours. Our Mystery Tours are some of the most well-liked trips; we have customers who have taken numerous Mystery Tours – all to different destinations. During the presentation, we will discuss previous Mystery Tour clues and destinations and explain how to prepare for these adventurous trips. Dare to come along with Sun Tours without knowing where we are going!

**November 15**

## Talking to Family Members About Illness

**Ramesh Gopal, MD, PhD**  
**Medical Director of the MD Anderson Radiation Treatment Center at Presbyterian**

The lecture will be about understanding illness, asking the right questions and knowing how to converse with family members about one's own and their illnesses.

**December 6**

## DASH Your Way to Better Health

**Ann Sockaci, RD**

DASH stands for Dietary Approaches to Stop Hypertension. As of January 2018, the DASH diet has been ranked the best eating plan for the 8th year in a row. It is an eating plan that is based on research studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI). Originally designed to lower blood pressure, the DASH diet is very effective for weight loss, lowering cholesterol, and managing or preventing diabetes.

**December 20**

## Holidays Feeling More Stressful Than Cheery?

**Ingrid Jorud, MS, RD, LD, CPT**

While holidays are supposed to be a time for gathering and joy; gifts, hosting, family, and loneliness can lead to a very stressful time of year. Join to learn basic stress relief and mood lifting breathing, movements, and Laughter Yoga.

*Please Note:*

**RESERVATIONS CAN ONLY BE MADE 2 WEEKS PRIOR TO LECTURE**

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Presbyterian Healthplex  
6301 Forest Hills Drive NE Albuquerque, NM 87109  
(505) 823-8352



# **PRESBYTERIAN**



SENIOR CONNECTION  
PRESENTS  
AARP SPONSORED  
Driver Safety Classes



EACH SESSION LIMITED TO 25  
PARTICIPANTS

## DATES

**Tuesday, October 2, 2018**

**Tuesday, November 6 or 13, 2018**

**Tuesday, December 4, 2108**

REDUCE YOUR AUTOMOBILE INSURANCE PAYMENTS  
CERTIFICATE GOOD FOR 3 YEARS

## TIME

**9:00 AM – 1:00 PM (EACH CLASS 4 HOURS)**

Note: Please Arrive By 8:45am to Complete Paperwork

## **!! CLASS FEE !!**

**CHECK PAYABLE TO AARP (NO CASH)**

**\$15.00/PERSON IF AARP MEMBER**

**\$20.00/PERSON IF NOT AARP MEMBER**

## **Smart DriverTEK**

Discover how to get the most out of vehicle safety technology

## DATE

**Tuesday, October 9, 2018**

**9:30 a.m.**

## TIME

The workshop is **FREE**, *but*  
space is limited, so register now

## LOCATION

**PRESBYTERIAN HEALTHPLEX**

6301 Forest Hills Dr. NE

Albuquerque, NM 87109

*YOU MUST RESERVE AHEAD OF TIME FOR ALL AARP CLASSES*

*(505)823-8352*

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