



# LIVE HAPPY LIVE HEALTHY

## SENIOR HEALTH & WELLNESS DAY

Promoting health and wellness discussion and a stronger, healthier community.

Brought to you in  
partnership with:



Door County  
Medical Center

**Thursday, June 1 • 8:15am to 12:30pm • Northern Door Program Center**

**MORNING CHECK-IN** 8:00am to 8:45am  
**SESSIONS** 9:00am to 12:00pm  
Lunch will be served at the Y at 12:00 pm

### SCREENINGS

**8:15am to 9:00am** | Skin Cancer Screen – • By Appt.  
**8:15am to 9:30am** | Senior Life Solutions – Depression/Anxiety Screening  
Lifestyle Center Office • By Appt.

#### **9:00am to 9:45am**

- Tick Bites/Sister Bay Facility Overview
- Chair Yoga (dress for exercise)

Lindsey Donohue  
Mae Daniels

Studio A  
Gymnasium

#### **10:00am to 10:45am**

- Mental Health For Seniors : Anxiety vs. Worry
- Silver Sneakers (dress for exercise)

Senior Life Solutions  
Mae Daniels

Studio A  
Gymnasium

#### **11:00am to 11:45am**

- Improving Memory with Sleep
- Knee & Hip Joint (dress for exercise)

Christy Wisniewski  
Bailey Cox

Studio A  
Gymnasium

**REGISTRATION BEGINS  
WEDNESDAY, MAY 10!**

**Please join us for  
lunch at 12:00pm in  
the gymnasium.**

**FREE  
EVENT!**

**Register with the  
Welcome Center or Online!**  
920.743.4949 | DoorCountyYMCA.org

**FREE Transportation Available**  
Contact Door 2 Door at  
920.743.6948  
to arrange your pick-up.