



LIVE HAPPY LIVE HEALTHY

SENIOR HEALTH & WELLNESS DAY

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

Brought to you in partnership with:



Wednesday, May 31 • 8:15am to 12:00pm • Sturgeon Bay Program Center

SCREENINGS

MORNING CHECK-IN 8:15am to 8:45am
SESSIONS 9:00am to 12:00pm
TAKE HOME LUNCH PROVIDED

8:15am to 9:30am | Senior Life Solutions
Depression/Anxiety Screens • Studio 1 • By Appt.
8:15am to 10:00am | Skin Cancer Screen
Dr. Neil Kleman • Meeting Room • By Appt

9:00am to 9:45am

- Importance of Colon Screening
- Silver Sneakers Class

Dr. St. Jean
Sarah Gavin

Studio 2/3
Gym A/B

10:00am to 10:45am

- Mental Health For Seniors: Anxiety vs. Worry
- Chair Yoga

Senior Life Solutions
Suzanne Holvenstot

Studio 2/3
Gym A/B

11:00am to 11:45am

- Caring for our feet as we age
- Moving For Better Balance/Fall Prevention
- YMCA Weight Loss Program

Dr. Ellen Barton
Sarah Gavin
Tess Johnson

Studio 2/3
Gym A/B
Studio 1

**REGISTRATION BEGINS
WEDNESDAY, MAY 10!**

**Please take a
lunch to go.**

**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.