



SANTA CLARA SENIOR CENTER WELLNESS SERIES



Classes are held on Tuesdays, 12:30pm-2:00pm in Ceramics Room 149.

Pre-registration is required at the front desk or online.

Each class costs \$8 or Santa Clara senior discount of \$6.

Register early-classes not meeting the enrollment will be canceled one week prior to class date.

Join us for some interesting discussion and up-to-date information!

Beat the Winter Bug-Sept 24

50606

Do Vitamin C and zinc really work against colds? Is it just a virus? Are you sure you are washing your hands the right way? Come find out the answers to these questions and more! There is a lot we can do to prevent illness during the fall and winter months - small changes can make a big difference. Come join us to learn how you can "beat the bug"!

Instructor: Wendy Talbert RN

Healthy Holiday Eating-Nov. 5

#50609

The holidays are a full of yummy treats and fabulous feasts as we celebrate with friends and family. But too often we find ourselves bloated, sluggish, and a few pounds heavier after the celebrating is done. What can we do to enjoy the holidays, but avoid the "food hangover" that comes with it? Join us for discussion and strategies to eat healthier during this holiday season.

Instructor: Wendy Talbert RN

Planning Your Final Party-Oct 8

#50607

Making your own final arrangements can be a comfort and a gift to ourselves and to our families. There are lots of options to consider, and many new resources, thanks to the Internet. This is not about wills and forms - join our discussion to think about the end, and to share ideas and experiences. *Instructor: Mallory von Kugelgen, RN, PHN, Geriatric Care Manager*

Fighting Fatigue-Nov. 19

#50610

Why are you so tired all the time? Is it something serious, or is all just "in your head"? There are many causes of fatigue, from the simple to the complex. Come explore the different reasons for fatigue, coping strategies and support, and learn about what you can do to combat fatigue so you can live a richer, healthier life.

Instructor: Larisa Polozova, RN, MMS

Wake Up Your Thyroid-Oct. 22

#50608

A properly functioning thyroid helps regulate many body systems, but what happens if your thyroid is not working well? Join us for an overview on how the thyroid works, signs and symptoms of thyroid problems, and what we can do to maintain a healthy thyroid.

Instructor: Larisa Polozova, RN, MMS

Actively Aging-Dec. 3

#50611

Do those extra pounds gained since retirement, aches and pains, or couch-potato habits that have you wondering if this is as good as it gets? **Fear NOT!** Join us to explore tips, tricks, and resources that can help turn minutes a week into decades of better health! *Instructors: Renee Furtado CCE & Mallory von Kugelgen, RN, PHN, Geriatric Care Manager*



Santa Clara Senior Center

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