



Door County YMCA

# SENIOR HEALTH & WELLNESS DAYS

8:15AM-12:00PM

MAY 15  
STURGEON  
BAY

MAY 16  
KANE  
CENTER

MORNING CHECK-IN: 8:00AM-8:45AM

SESSIONS: 9:00AM-11:45AM

FREE LUNCH WILL FOLLOW

## STURGEON BAY

- Fall Assessments
- Memory Assessments
- Skin Cancer Screens
- Benefits of Anti-Inflammatory Foods
- Senior Life Solutions Presentation
- Silver Sneakers BOOM
- Guided Meditation
- Advanced Directives
- Preparing for Retirement
- Fall Prevention Class
- Chair Yoga
- Caring for Our Feet as We Age
- CredibleMind Door County
- Twinges
- Silver Sneakers Classic
- YMCA Weight Loss Program

## KANE CENTER

- Fall Assessments
- Memory Assessments
- Skin Cancer Screens
- Tick Bite Presentation
- Senior Life Solutions Presentation
- Memory Questions Answered
- Silver Sneakers BOOM
- Benefits of Anti-Inflammatory Foods
- CredibleMind Door County

REGISTRATION OPENS

APRIL 15

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Door County  
Medical Center