



MOVING OR DOWNSIZING?

Tuesday, September 10, 2019 @ 10:00am

Presented by: Terry Denend and Liz Baker, Rightsizing for Seniors

We will share proven strategies to maximize your home's marketability and how to bring greater ease to the physical process of moving and transitioning your life to your new location. Do you own your things, or do your things own you? Eager to reduce your clutter but at a loss about how to begin? You'll leave with motivation and practical tips to decide which possessions to keep, give away, sell, or donate. Let us show you how to bring in a fresh and uncluttered new environment.

LIVING WELL WITH ARTHRITIS

Tuesday, September 24, 2019 @ 10:00am

Presented by: Brett Neilson, Physical Therapist, Outpatient Physical Therapy & Rehabilitation Services

This will be a presentation on treating and living with arthritis. Learn about what arthritis is, why we all get arthritis, and what you can do about it. Best evidence approaches to treating your arthritis will be taught. Participants will leave with a greater understanding of arthritis and an increased understanding of treatment strategies to keep them aging healthy.

AGING & MEMORY: WHAT'S NORMAL AND WHAT'S NOT?

Tuesday, October 1, 2019 @ 10:00am

Presented by: Sheila Goodfellow, CSA & Denise Davignon, RN, Comfort Keepers

Have you ever asked yourself "He just introduced himself and I can't remember his name?" Some changes are to be expected as we get older. Other changes are not normal. Learn about the following:

- What are normal memory changes throughout the lifespan?
- How does memory work and what can I do to take care of my memory?
- Know the 10 signs of memory loss (Alzheimer's Association)

Classes held at:

Kent Senior Activity Center

600 – E. Smith St., Kent, WA 98030

