

Empower Your Health Syllabus

Thursdays, 12:45-2:15pm

In-person, MAB2

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Course Description

Week	Topic	Guest Speaker
Week 1 / Sept 10	Your Rights in Hospice	Shauna Brennan, JD
Week 2 / Sept 17	Healthy Volunteering	Christina Keener
Week 3 / Sept 24	Yoga: You mean there's more than twisting yourself in a knot!	Marcia Johnson
Week 4 / Oct 1	Holistic Home Wellness	Danni Sinclair
Week 5 / Oct 8	Pharmacy for Seniors	Dr. Catherine Oswald
Week 6 / Oct 15	Everyone Can Meditate!	Ziona Friedlander
Week 7 / Oct 22	What is mental health, and why does it seem to be getting worse?	Dr. Heavey
Week 8 / Oct 29	Elder Human Trafficking: Case-based Discussion Human trafficking is a public health issue as well as a human rights issue. Elder trafficking is not commonly discussed, and sadly is under identified and unreported. Cases reported and investigated in recent years, have identified that elders are indeed victims, and even the perpetrators of trafficking. The presentation will discuss the types of human trafficking and describe cases examples of elder victim scenarios that will help you to be prepared to identify and prevent yourself or loved ones from becoming a victim.	Kathleen Thimsen
Week 9 / Nov 5	integrating Chinese Medicine Principles into Holistic Health	Eileen Shi
Week 10 / Nov 12	Mind - Body Medicine	Annie Weisman

***Content/order/classes/speakers subject to change if necessary.**