

Questions?

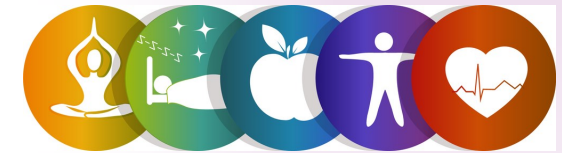
See the Lifestyles
Department for more
information!



Aging Well: Mind & Body

A Nottingham Learning Series

January 8th– 12th



Join us for a week long series on how aging well involves healthy habits; mind and body!

“Mindful Monday”
Monday January 8th
9:00 AM– Noon
Arts & Craft Room

Chair Massages with
Ruth Young, LMT

Drop in for a 5 minute massage and be entered in a drawing to win an In-Home 1 Hr. Massage

2:00 PM
TV/Mtg Room
Self-Care with
Kara & Colleen
Discussion Group on how stress impacts our memory & how we can practice our best self care for a healthy mind!

Tuesday January 9th
2:00 PM
TV/Mtg Room



**New Year,
New Food!**

Meet with Nottingham Dietician Kim Vespi to discuss healthy food choices & eating for full body wellness.

Food samples will be provided!

Wednesday January 10th
11:15 AM Arts & Craft Room
Aging & Exercise with Dr. Ann
Presentation on the value of staying active for optimal aging!



Wednesday January 10th
7:00 PM TV/Mtg Room

Guest Lecture:
“Healthy Living for your Brain & Body” with Ali Lang from the Alzheimer’s Association

Thursday January 11th
3:00 PM TV/Mtg Room

Healthy Snacking:
Smoothie Demonstration and Taste Test with Dining



“Feel Good Friday”
Friday January 12th
2:00 PM
TV/Mtg Room
Guided Meditation & Seated Yoga with Shirley Pratt, RN & Certified Yoga Instructor