

# HEALTH CLASSES

All classes require registration. Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. We appreciate your \$1 donation for attending these classes. Please consider making a larger donation to help offset our costs. Envelopes are provided by the black box in the multi-media room.

Class Name	Description	Instructor	Date	Day	Time
<b>Nurse Chats: Thyroid Gland</b>	Learn what you need to know about the functions of this very important gland! Please bring your questions.	Bakken	January 12	W	1-2
<b>Common Medicare Mistakes</b>	We will discuss common Medicare Mistakes that can occur for anyone with Medicare, along with a mini tutorial of how Medicare works, and how one can apply.	Hennessy	January 13	Th	1-2
<b>Make Your Next Plate Great</b>	We've got a challenge for you. Starting today, can you make your next plate great—meaning healthy, delicious, easy and affordable? Sounds like a piece of organic gluten-free cake, right? But when the dog won't even touch those crumbs, maybe it's time for a meal intervention. Come learn the basics of healthy meal building, from protein to fiber and everything in between.	Brown	January 26	W	1-2
<b>Medicare 101</b>	This class will delve into the world of Medicare, and help them understand what their options are and will be.	Hennessy	February 3	Th	1-2
<b>Medical Aid in Dying Update</b>	Prop 106 was passed into law in November 2016. It allows mentally competent, terminally ill patients with less than six months to live to take medications to end their suffering. The purpose of the class is to provide information about the law and to answer questions.	Folsom	February 4	F	10-11:30
<b>Reiki</b>	Reiki is a form of energy healing that allows the practitioner to channel high frequency healing energy to the client. Through heart-based intention the practitioner is intuitively guided to areas of the physical body as well as energetic body that may require attention. This high vibrational energy courses through the bodies energetic chakra system, purging blockages, removing trapped dense energy attained from trauma and stagnant emotional baggage held subconsciously in the client's auric field. Toning and Sound Therapy are applied as part of the session to vibrationally align the chakras and balance the emotional and spiritual body. These subtle energy shifts are felt in the physical body sometimes instantly as the body is effectively now "in tune." All that is needed for success with this type of energy healing is an open heart and mind. As well as an invested interest in the belief that we have the inherent power to improve our over all condition of health and wellness.	Hennessy	February 9	W	1-2
<b>Young at Heart - CoQ10</b>	Not only are you aging, but your cells are aging, too! Did you know, energy, heart health, healthy aging and more—all require CoQ10 at the cellular level? Learn how to support your cells by adding CoQ10 to your daily regimen.	Brown	February 10	Th	1-2
<b>Nurse Chats: Atrial Fibrillation</b>	Is your heart beating irregularly? It more common than you know, join us to learn more.	Bakken	February 16	W	1-2
<b>10 Warning Signs of Alzheimer's</b>	Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process and Alzheimer's Association resources.	Hare	February 23	W	1:30-3
<b>Long Term Care Planning</b>	We will discuss the need for and facilities available for long term care and how to cover the costs.	Michaels	March 9	W	10-11:

Class Name	Description	Instructor	Date	Day	Time
<b>Power of Mushroom Supplements</b>	Mushroom supplements are growing in popularity and for good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy energy levels, healthy immune system function, glowing skin and hair, and brain, liver, and sinus health. Join us to discover the power of mushroom supplements and find the perfect mushroom for you.	Brown	March 9	W	1-2
<b>Medicare &amp; Medicaid</b>	In Medicare and Medicaid, we will focus on Low Income Subsidy, Medicaid, Medicare and how they all can combine to help those in need.	Hennessy	March 10	Th	1-2
<b>Palliative Care</b>	Palliative care is specialized medical care for people living with a serious illness, such as cancer or heart failure. Patients in palliative care may receive medical care for their symptoms, or palliative care, along with treatment intended to cure their serious illness. Palliative care is meant to enhance a person's current care by focusing on quality of life for them and their family.	Shalhout	March 22	Th	10-11
<b>Nurse Chats: Dizziness &amp; Syncope</b>	Feeling dizzy and not sure why? Often feel like you're about to pass out? Join us and learn about a few potential culprits.	Bakken	March 23	W	1-2
<b>Understanding Alzheimer's &amp; Dementia</b>	Alzheimer's Disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.	Hare	March 28	M	1:30-3
<b>Nurse Chats: Sleep Apnea</b>	Are you told that you stop breathing during your sleep at night? Join us and find out why and what you can do to help yourself.	Bakken	April 6	W	1-2
<b>Medicare 101 &amp; Beyond</b>	The class will provide an overview of the parts of Medicare; insurance substitutes and supplements.	Michaels	April 13	W	10-11:30
<b>Legal &amp; Financial Planning for Alzheimer's</b>	Legal and financial planning for Alzheimer's disease is an interactive two part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia.	Hare	April 13	W	1:30-3:30
<b>I'm a veteran, do I need Medicare?</b>	In this class, we will discuss Medicare and the options that exist for Veterans when they are eligible.	Hennessy	April 14	Th	1-2
<b>You Have the Power to Save Your Memory</b>	Our memory makes us who we are; it helps us stay connected to the present and helps us hold onto our favorite parts of the past. Losing the ability to access these memories and remember our loved ones faces is a scary part of aging. As diseases that rob us of our valuable memories become more and more common, we need to do everything we can to protect our memory.	Brown	April 27	W	1-2

### Health Class Ideas

Are there health, body care or medicinal topics that you'd like to learn more about? Let us know! We'd love to try and get it on the next schedule.

Call us 719.955.3400 Email us [lpouncey@ppymca.org](mailto:lpouncey@ppymca.org) or drop by!