

# Learning for Longevity



## 2019 Presentation Schedule

Learning for Longevity is a monthly health series offered through a collaboration between Munson's Community Health Library and the Grand Traverse County Senior Center Network. For more information, contact the library. All of the programs listed below are free and open to the public and take place at the Munson Community Health Center, Rooms A&B at 550 Munson Avenue, Traverse City, MI 49686.

DATE	TIME	TOPIC
Wednesday, January 16	1:30 p.m.	How to Maintain Your New Year's Motivation
Wednesday, February 20	1:30 p.m.	Choose a Heart Healthy Lifestyle
Wednesday, March 20	1:30 p.m.	Pre-Diabetes and Diabetes Prevention
Tuesday, April 16	1:30 p.m.	Navigating Cancer Treatment
Tuesday, May 14	1:30 p.m.	Sports Injury Prevention
Wednesday, June 19	1:30 p.m.	All About Strokes
Wednesday, July 17	1:30 p.m.	Mindful Eating
Wednesday, August 21	1:30 p.m.	Vitamins and Your Health
Wednesday, September 18	1:30 p.m.	Mindfulness-Based Stress Reduction
Wednesday, October 16	1:30 p.m.	Community Health Resources Panel
Wednesday, November 13	1:30 p.m.	Surviving the Holidays
Wednesday, December 18	1:30 p.m.	Catch Your Breath (Lung Health)

*Dates, times, and topics subject to change. Always call ahead to confirm.*



American Sign Language interpreter services are available for these programs at no charge. Please contact Tom at 231-932-2418 V/TTY to schedule this service.

Please call or email the library to register or go online at [munsonhealthcare.org/classes-and-events](http://munsonhealthcare.org/classes-and-events)

### Contact Information

Munson Community Health Library

**231-935-9265**

**Library-MCHCCommunityHealth@mhc.net**

**[munsonhealthcare.org/communityhealthlibrary](http://munsonhealthcare.org/communityhealthlibrary)**

