HEALTH, EDUCATION, AND FUN!
Reservations are required for all listed events. Register online beginning January 1. Phone registration begins on January 2.
You must call 214-947-4628 or register online at MethodistHealthSystem.org/Generations.

▶ HEALTHY AGING SERIES

Suspect Sepsis, Save Lives
Learn to recognize the early signs and symptoms of sepsis, a serious condition that can affect anyone. Join us to learn how you can save the lives of your family and friends and about the importance of early treatment.
Methodist Charlton, Auditorium
Friday, January 17, 11:30 a.m. – 1 p.m.
Methodist Dallas, Hitt Auditorium
Tuesday, January 21, 11:30 a.m. – 1 p.m.
Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Thursday, January 30, 11:30 a.m. – 1 p.m.

Effective Communication Strategies When Caring for a Person With Dementia
A program designed to provide practical information and resources.
Methodist Charlton, Conference Room 4
Wednesday, January 29, 10 – 11 a.m.
Reservations are required; please call 1-800-272-3900.

Alzheimer’s Caregiver Support Group
This specially designed support group provides caregivers with information, guidance, and training to assist them in caring for a person with Alzheimer’s disease. This support group meets every first Saturday of the month.
Reservations are required; please call 1-800-272-3900.
Methodist Dallas, Generations Center
Saturday, January 4, 11 a.m. – noon

Sew Crafty - Sewing and Hand Crafts
Need help getting that stitch just right? Need help starting that ruffle? Or interested in picking up a craft? Bring your project and get advice from other crafters and share tips and tricks along the way.
Methodist Charlton, Conference Room 8
Wednesday, January 8, 10 – 11 a.m.

Start the New Year with Health and Fitness!

Mindful Movement
A gentle exercise program that helps build core strength and natural abilities by putting mindful attentive focus on moving your body.
Methodist Charlton, Mondays, 10 a.m., Auditorium
Methodist Richardson, Wednesday, January 15, 10 a.m., Bush-Renner, Physician Offices Building I, Ste. 200
Methodist Dallas, Fridays, 10 a.m., Weiss Auditorium

Tai Chi
A gentle form of exercise that helps maintain strength, flexibility, and balance and could be the perfect activity for the rest of your life. $5 per class.
Methodist Charlton, Tuesdays, 8 a.m., Auditorium
Methodist Richardson, Wednesday, January 8, 22, and 29, 10 a.m., Bush-Renner, Physician Offices Bldg I, Ste. 200

Walking Program
Methodist Dallas, Tuesdays, 9 a.m., Generations Office
Methodist Charlton, Fridays, 9 a.m., Conference Room 10

Meditation
Methodist Charlton, Thursdays, 9:30 a.m., Conference Room 8
Classes resuming Thursday, January 9

NEW Grief Support for the Loss of a Spouse
Methodist Charlton, Conference Room 6
Thursday, January 9, 9:30 – 10:30 a.m.  Registration is required

Get the most updated information by subscribing to our email newsletter at generations@mhd.com.