

HEALTH, EDUCATION, AND FUN!

Reservations are required for all listed events. Register on-line beginning September 1. Phone registration begins on September 3. You must call 214-947-4628 or register online at MethodistHealthSystem.org/Generations.

September 2019

▶ HEALTHY AGING SERIES

Pain Management in Older Adults

Review common causes of pain in older adults, pain treatment strategies, and limitations of current options.

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Wednesday, September 18, noon – 1 p.m.

Methodist Dallas, Hitt Auditorium
Friday, September 27, 11:30 a.m. – 1 p.m.

Methodist Charlton, Auditorium
Monday, September 30, 11:30 a.m. – 1 p.m.

Understanding and Responding to Dementia-Related Behavior

Methodist Dallas, Weatherford Conf. Room
Thursday, September 19, 10 – 11 a.m.
Registration required; please call 1-800-272-3900.

Eat Smart:

Discover Which Foods Can Help Combat Aches and Pains

Methodist Richardson, Bush-Renner, Ste. 200
Monday, September 16, 10 – 11 a.m.

Methodist Dallas, Weatherford Conf. Room
Tuesday, September 24, 10 – 11 a.m.

Methodist Charlton, Conference Room 4
Tuesday, September 24, 1:30 – 2:30 p.m.

Diabetes: Let's Talk One-on-One

Methodist Charlton, Conference Room 8
Wednesday, September 25, 11 a.m. – noon

NEW! Grief Support for the Loss of a Spouse

Seating is limited and registration is required.

Methodist Charlton, Conference Room 3
Thursday, September 12, 9:30 – 10:30 a.m.

Grief Support Group (SEE NEW TIME!)

Methodist Richardson, Bush-Renner, Education Room C
Wednesday, September 11, 11 a.m. – noon

Methodist Charlton, Conference Room 3
Thursday, September 12, 11 a.m. – noon

Methodist Dallas, Weatherford Conf. Room
Thursday, September 26, 11 a.m. – noon

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;
Except 9/30 meet in Conf. Room 4

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Wednesday, September 4 and 18, 10 a.m.

Methodist Dallas Fridays, 10 a.m., Weiss Auditorium;
Except 9/13, meet in Weatherford Conf. Room

Methodist Charlton

Call 214-947-7135

Book Club *Redefining Realness* by Janet Mock
Tuesday, September 24, 10 a.m., Conference Room 3

Tai Chi Tuesdays, 8 a.m., \$5 per class, Auditorium
Meditation for Health

Thursdays, 9:30 a.m., Conference Room 8

Walking Program Fridays, 9 a.m., Conference Room 10

Methodist Dallas

Call 214-947-4628

Artistic Silver Lining *Supply list provided upon registration.*

Monday, September 16, 9:30 a.m.,
Weatherford Conference Room

Walking Program Tuesdays, 9 a.m., Generations Office

AARP Safe Driving Course

\$15 for AARP members, \$20 for nonmembers. Bring your AARP card to get the discount. For more information or to register, call 214-947-0017.

Methodist Charlton, Conference Room 8
Wednesday, September 4, 9 a.m. – 1 p.m.

Methodist Dallas, Weatherford Conference Room
Tuesday, September 17, 9 a.m. – 1 p.m.

Methodist Richardson, Bush-Renner, Conf. Center A
Wednesday, September 25, 9 a.m. – 1 p.m.



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