HEALTH, EDUCATION, AND FUN!

Reservations are required for all listed events. Register online beginning March 1. Phone registration begins on March 2.
You must call 214-947-4628 or register online at MethodistHealthSystem.org/Generations.

HEALTHY AGING SERIES

Active Shooter Response: Avoid-Deny-Defend
Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Wednesday, March 18, 11:30 a.m. – 1 p.m.
Methodist Charlton, Conference Room 8
Friday, March 20, 11:30 a.m. – 1 p.m.
Methodist Dallas, Hitt Auditorium
Friday, March 27, 11:30 a.m. – 1 p.m.

Census 101: What You Need to Know
Methodist Dallas, Weatherford Conference Room
Tuesday, March 3, 10 – 11 a.m.
Methodist Charlton, Conference Room 8
Tuesday, March 10, 10 – 11 a.m.
Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Tuesday, March 17, 10 – 11 a.m.

Program to Encourage Active Rewarding Lives (PEARLS)
A program that teaches skills to manage life’s losses and improve the quality of life.
Methodist Charlton, Conference Room 4
Wednesday, March 4, 10 – 11 a.m.

Eating Well is a SNAP!
Learn tips about nutrition for healthy aging, shopping economically, SNAP, and other local senior services.
Methodist Charlton, Conference Room 4
Wednesday, March 18, 10 – 11 a.m.
Methodist Dallas, Weatherford Conference Room
Tuesday, March 31, 10 – 11 a.m.

Master of Memory
Join us as we review the workings of the brain and explore new ways to engage the learning process.
Methodist Richardson, Bush-Renner, Physician Pavilion I, Ste. 200
Tuesday, March 24, 10 – 11:30 a.m.

Alzheimer’s Caregiver Support Group
Reservations are required; please call 1-800-272-3900.
Methodist Dallas, Generations Center
Saturday, March 7, 11 a.m. – noon

Grief Support for the Loss of a Spouse
Methodist Charlton, Conference Room 6
Thursday, March 12, 9:30 – 10:30 a.m.

Grief Support Group
Methodist Richardson, Bush-Renner, Education Room C
Wednesday, March 11, 11 a.m. – noon
Methodist Charlton, Conference Room 6
Thursday, March 12, 11 a.m. – noon
Methodist Dallas, Weatherford Conference Room
Thursday, March 26, 11 a.m. – noon

Effective Communication Strategies when Caring for a Person with Dementia
Reservations are required; please call 1-800-272-3900.
Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Thursday, March 26, 10 – 11 a.m.

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