

HEALTH, EDUCATION, AND FUN!

Reservations are required for all listed events.

You must call 214-947-4628 or register online at MethodistHealthSystem.org/Generations.

February 2019

▶ HEALTHY AGING SERIES

Heart Health Update

Learn about the recent advancements in heart health care. Find out if you are at risk and how it impacts women differently than men.

Methodist Charlton, Auditorium

Friday, February 15, 11:30 a.m. – 1 p.m.

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200

Wednesday, February 20, noon

Methodist Dallas, Hitt Auditorium

Friday, February 22, 11:30 a.m. – 1 p.m.

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 Dallas, Conference Room 202

Tuesday, February 5
8:30 a.m. – 1 p.m.

Methodist Charlton

Call 214-947-7135

Internet How-Tos for Older Adults

Wednesday, February 13, 9 – 10:30 a.m., Auditorium

"The Future is Now"

Wednesday, February 27, 10 – 11:30 a.m., Auditorium. Using art and language, capture your thoughts and focus on goals for the future.

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

Book Club Tuesday, February 26, 10 a.m., Conference Room 3 — *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson

Meditation for Health

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

Walking Program

Fridays, 9 a.m., Conference Room 10

Methodist Dallas

Artistic Silver Lining

Supply list provided upon registration.

Monday, February 18, 9:30 a.m., Weatherford Conference Room

Walking Program

Tuesdays, 9 a.m., Generations

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, Auditorium

Mondays, 10 a.m.

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200

Wednesday, February 6 and 20, 10 a.m.

Methodist Dallas, Weiss Auditorium

Location subject to change. Please call 214-947-4628 to confirm.

Fridays, 10 a.m.

Grief Support for the Loss of a Loved One

Methodist Richardson, Bush-Renner, Education Room C

Wednesday, February 13, 10 – 11:30 a.m.

Methodist Charlton, Auditorium

Thursday, February 14, 11:30 a.m. – 1 p.m.

Methodist Dallas, Conference Room 202

Thursday, February 28, 11:30 a.m. – 1 p.m.



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