

SENIOR WELLNESS MORNING

Friday, June 8

Headache Awareness



DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

Must visit at least 4 of the dozen booths in order to enter your name in the door prize drawing.

Fond du Lac Senior Center, 151 E. First Street

For planning purposes, call 322-3630 to pre-register.

9–10 a.m. Health Screenings: Blood Pressure, Blood Sugar (Fast required), Hearing

Health Info Booths: Agnesian Health Shoppe, Alzheimer's Association, Comfort Keepers, Fond du Lac Emergency Medical Services, Galloway House & Village, Generations Home Care & Hospice, Harbor Haven Health & Rehabilitation, Heartland Hospice, Rehab Arisces, Smoking Cessation, Walnut Grove, Wright Elements Massage

Demonstration: Hand Chimes

10–11 a.m. Speaker: Jim Taylor, PT, OCS, Rehab Arisces

Jim graduated from the University of Wisconsin Madison with a Bachelor of Science degree in Physical Therapy and is certified as an Ergo Science evaluator and Orthopaedic Clinical Specialist. In addition, he specializes in Vestibular treatments (inner ear, balance and dizziness disorders).



Topic: **Managing Headaches**

Headaches are one of the most common reasons that people see their primary care physician and they account for 20% of outpatient visits to neurologists. People with chronic headaches report disabling symptoms that interfere with their daily activities. Many seek numerous treatment approaches, accept that their headaches are a fact of life, and become dependent on medications to relieve their symptoms. If you are a headache sufferer and you are looking for a way to manage your headaches beyond using medication, this presentation will provide possible conservative treatment options.

This month's Senior Wellness Morning is sponsored by Rehab Arisces.