

# SENIOR WELLNESS MORNING

Senior Wellness Mornings are held at the Fond du Lac Senior Center on the 2nd Friday of EVEN months from 9–11 a.m.

## GOOD HEALTH... IT'S WITHIN YOUR GRASP Friday, February 8

**9–10 a.m.**

### Health Screenings:

- Blood Sugar (Fast required)
- Blood Pressure
- Hearing

### Health Info Booths: including

- Above & Beyond Care Solutions
- Aging & Disability Resource Center
- Agnesian Health Shoppe
- Heartland Hospice
- Good Vibrations

Demonstration: *Lillian's*—  
how to dress up your wardrobe with scarves

**10–11 a.m.**

Speaker: **Heather Schmidt**, Doctor of Osteopathic Medicine, Agnesian HealthCare

Living a healthy lifestyle brings with it many positive results. It's good to know that a healthy lifestyle can be accomplished by incorporating simple, inexpensive, and practical behaviors and modifications into our daily lives.



Join Heather Schmidt, D.O., a Fond du Lac Regional Clinic West family medicine physician, to learn more about Agnesian HealthCare's new Healthy Living Series. The Healthy Living Series offers practical skills

for eliminating stress, choosing high quality food, and incorporating gentle exercise and strength-building. Dr. Schmidt will also perform a cooking demonstration that includes healthy ingredient substitutions.

 **Get Checked**



**DOOR PRIZES • HANDOUTS • REFRESHMENTS**

**Fond du Lac Senior Center**

**151 E. First Street**

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



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