



**JCCGW Senior Health Initiative\***  
**In Conjunction with Adventist HealthCare**  
**2013-2014**

- Tuesday, Sept. 24<sup>th</sup> : Falls Prevention Workshop 12 – 1pm  
Ginny Prunty, Adventist Rehabilitation Hospital of Maryland
  
- Tuesday, Oct. 1<sup>st</sup> : FLU SHOTS
  
- Tuesday, Dec 3<sup>rd</sup> : “Stay Healthy Tips” 1 – 2pm
  
- Tuesday, Jan. 14<sup>th</sup> : Diabetic Health Educator, Michelle  
McBride 10:30-11:30am
  
- Tuesday, Feb. 11<sup>th</sup> : Heart Health Trivia 12:30 – 2pm
  
- Tuesday, March 4<sup>th</sup> : “Brake Reaction Test” 12 – 1:30pm Ginny  
Prunty, Adventist Rehabilitation Hospital of Maryland
  
- **SAVE THE DATE**: 5<sup>th</sup> Annual “To Life: Health & Wellness Expo  
at Leisure World”, Thursday, May 22, 2014.

\*All programs will take place at the JCC of Greater Washington, 6125  
Montrose Road, Rockville, MD 20852. For more information, contact  
Debbie Sokobin at [dsokobin@jccgw.org](mailto:dsokobin@jccgw.org) or 301.348.3760.

