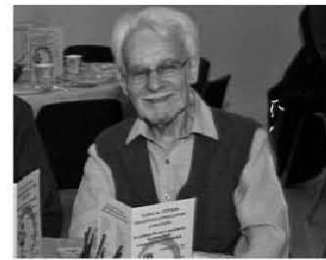




Jewish
Community
Center of
Greater
Washington



Senior Health Initiative

In Conjunction with Adventist HealthCare 2014-2015

- Tuesday, Sept. 16: Falls Prevention Workshop 12 – 1pm
- Tuesday, Oct. 7: Flu Shot Clinic 12:30 – 2:30pm
- Tuesday, Dec. 9: Bone Density Testing 11am – 1pm*
- Tuesday, Jan. 13: Diabetes Awareness & Prevention 12 – 1pm
- Tuesday, Feb. 10: Heart Health Trivia 12 – 1pm
- Tuesday, March 10: Easy Tips to Improve Quality of Life 12 – 1pm
- **SAVE THE DATE: 6th Annual “To Life Health & Wellness Expo” at Leisure World THURSDAY, MAY 7**

All programs will take place at the JCC of Greater Washington (With the exception of the Health Expo in May). For more information – or to ***make an appointment for Bone Density Screening** - contact Debbie Sokobin at dsokobin@jccgw.org or 301.348.3760.

