



## Kettering Health Years Ahead | Dayton March and April Classes

### Presentations

#### Introduction to the Titleist Performance Institute "Golf Screen"

Looking to improve your golf game with less pain and better posture? Join us to learn simple tips on how to improve your golf swing and increase your yardage by using the Titleist Performance Institute method. Explanation of The Body-Swing Connection™ to develop a more efficient golf swing with less risk of injury will also be discussed. Chris Hale, PGA golf professional from North Dayton Golf Academy, will be present to answer questions and help you improve your game.

**Wednesday, March 1, 5-6 p.m.**

#### Stop the Bleed

Learn how you can save a life! This one-hour class prepares bystanders to stop uncontrolled bleeding until help arrives. Uncontrolled bleeding is the leading cause of preventable death from injury.

**Monday, March 6, 3-4 p.m.**

#### Nutrition Talk: Power Up with Produce

We know "an apple a day. . .," but what about the benefits of other fruits and vegetables? Join us as we discuss how adding more produce to your diet impacts your health and well-being.

**Thursday, March 9, 1-2 p.m.**

#### Nutrition Talk: The Sweet Side of Life

Honey, sugar, agave, artificial sweeteners: which is best? Join us as we discuss traditional and alternative sweeteners, and ways to help you enjoy sweet side of life.

**Thursday, March 23, 1-2 p.m.**

#### Pillars of Wellness Presentation

Join us as we look at a more comprehensive approach to wellness through the lens of the seven pillars: physical, mental, emotional, social, occupational, environmental, and spiritual.

**Monday, April 17, 11 a.m.-Noon**



All programs are **free**. Space is limited and registration is required. For more information and to register, please call (937) 558-3988 or register online at [ketteringhealth.org/events](https://ketteringhealth.org/events)

## Presentations

### Caregiver Resource Series

The Area Agency on Aging offers programs on the Trualta platform—a vital and innovative program offering free online resources to help families manage care at home for their aging loved ones and themselves. This class will provide hands-on tour of the Dayton Area Caregivers site, Trualta. **This is a two-part class, with each class building on the previous week. Please plan to attend both classes.**

**Class 1 – Bring your cell phone, tablet, or laptop.** We will do a step-by-step navigation on how to find site, register for, and navigate the site. Don't have an email address? No worries. We can help get that set up for you as well.

**Wednesday, April 19, 1:30–2:30 p.m.**

**Class 2 – Bring your cellphone, tablet, or laptop.** We will answer any questions you may have about **DaytonAreaCaregivers.com**. We will also dive deeper into the Dayton Area Caregivers site, Trualta, and find different modules, how to communicate with other caregivers on the site, and what other features our site offers.

**Wednesday, April 26, 11 a.m.–Noon**

## Exercise and Fitness

### Chair Yoga

A chair-based approach to yoga, this class will provide the same health and fitness benefits as a floor-based class, while allowing your body to be supported by the chair as you move. All levels welcome. **This class is brought to you at no cost, by RetireMed, our local partner in Medicare.**

**Thursdays, March 2–30, 11 a.m.–Noon (five-week class)**

### Line Dance Class

Join us for a fun evening of line dancing, a form of exercise proven to benefit the whole body. It helps strengthen the heart and bones and can even help with balance and coordination. **This class is brought to you at no cost, by RetireMed, our local partner in Medicare.**

**Thursdays, March 9–April 27, 5:30–7 p.m. (eight-week class)**

**All classes on this flyer are held at our Kettering Health Years Ahead location in Dayton and are open to adults of all ages.**

**Kettering Health Years Ahead | Dayton  
3969 Salem Ave., Dayton, OH 45406**

### Fall Prevention

Learn about the most common risk factors for falls and ways to keep the home and environment safe. Therapists from the NeuroRehab and Balance Center along with our Trauma Injury Prevention specialist will give tips on nutrition, exercises to improve balance and strength, and common safety concerns. Learn how to manage these risks and maintain independence. A screening to assess fall risk may be included.

**Wednesday, April 12, 3–4 p.m.**

### Garden Ergonomics: Tips for Gardeners

Ergonomics practices and garden choices to keep you safe, comfortable, and productive.

**Monday, April 24, 11 a.m.–Noon**

### Identity Theft and Scams: Protecting Ourselves and Those We Love

What is identity theft? How does it happen? And how can you prevent or act after your identity has been stolen? We'll look at the type of scams, situations to avoid, at-risk activities, targets, and "perpetrator's intentions."

**Wednesday, April 26, 1–2 p.m.**

### Fit 'N' Motion

This four-weeks class will get you moving in the full-body exercise class. We will explore strength, stretch, cardio, core, and balance. **This class is brought to you at no cost, by RetireMed, our local partner in Medicare.** (Chair option available)

**Thursdays, April 6–27, 2–3 p.m. (four-week class)**

### Zumba Gold

**Perfect For:** Active older adults looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.



**How It Works:** The classes design introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

**Benefits:** Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! **This class is brought to you at no cost, by RetireMed, our local partner in Medicare.**

**Thursdays, April 6–27, 12:30–1:30 p.m. (four-week class)**