

**Announcing a FALL TUESDAY SERIES of Learning Opportunities
Specifically for SENIOR ADULTS (60+ yrs)
“AGING WELL”**

Presented by the **Sticht Center for Healthy Aging and Alzheimer's Prevention**
Wake Forest Baptist Health, Winston Salem

When: Tuesdays, 1:30 to 2:30 p.m.

Where: Wesley Memorial United Methodist Church Media Center

Sept. 13 - “Help! I’m Tumbling and I’m NOT at the Gym!” - HOW TO EFFECTIVELY INCREASE PHYSICAL STRENGTH & BALANCE

Sept. 20 - “Where DID I Leave My Keys?” - BRAIN HEALTH & ENHANCING MEMORY

Sept. 27 - “Growing Old Is NOT For Sissies!” - HOW TO AGE WELL: MIND & BODY

Oct 4 - “How Could I Have Been So Trusting?” - IDENTITY THEFT OF SENIORS & HOW TO PREVENT THIS FROM HAPPENING TO YOU!

This special presentation by Amy Story Burns is a daughter’s true account of the Identity Theft of her parents, church members at Wesley Memorial UMC.

Sponsored by the Senior Adult Council

To register, call Cynthia Reddick at church office, 336-884-2204. (No cost)

About the Sticht Center on Aging

What an amazing geriatric research facility in Winston Salem, right in our own backyard! Everything they do is focused on empowering older adults on the best ways to age well - - achieving both body and brain health.

The Sticht Center has TWO National Institutes of Health (NIH) Centers of Excellence under the same roof! At the Claude D. Pepper Older Americans Independence Center, researchers work with older adults to discover best ways to achieve and maintain strong physical body health. At the Alzheimer’s Disease Research Center, scientists are working to discover why certain people develop Alzheimer’s and which interventions are most effective in preventing the progression of this disease. The ultimate goal is to find a cure for Alzheimer’s, or better yet, a way to prevent this disease. Together, these two Centers are able to recruit some of the world’s most respected scientists!

At our Wesley Memorial UMC workshop series, you will hear the latest research-based information on HOW TO AGE WELL. And if interested, you might consider how to become involved in some of the next groundbreaking studies yourself!

