

# LEARNING IN RETIREMENT - ILR



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## THE INSTITUTE FOR LEARNING IN RETIREMENT (ILR) STARTS WINTER/SPRING TERM OF CLASSES IN JANUARY

By Ken Marich

The ILR is in its' 20th year of providing SaddleBrooke residents with high quality education courses in a wide variety of disciplines. The ILR is a "crown jewel" for lifelong adult education. The winter term will offer 16 courses. A sampling of subjects include: \*Music, \*Advances in medicine, \*Indigenous people of NA, \*Toxic chemicals, \*Geology, \*Secrets of sleep, to name a few. Registration starts at 8:00 am on December 9. **GO TO THE ILR WEBSITE FOR DETAILS: [SBILR.ORG](http://SBILR.ORG)**

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**Session #6 (February 17) Cardiology: Geriatric Cardiology, Preventive Cardiovascular Health, and a Look at the Future of Cardiovascular Therapies, Dr. Joseph Alpert (Cardiologist)** The 20th and 21st century have seen extraordinary advances in the diagnosis and treatment of cardiovascular disease (CVD). New medicines, technology-based devices have helped to fuel the improved outlook and life expectancy. A review of past, present, and future developments in the accurate diagnosis and management of cardiovascular disease will be presented.

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