

2010 SCHEDULE

MARCH 16, 2010:
ENHANCE FAMILY CAREGIVING
STEVE MISKOVIC, MSW
MEMORY CARE HOME SOLUTIONS

APRIL 20, 2010:
NUTRITION & A HEALTHY YOU
DR. ALEX VIDAN
VIDAN FAMILY CHIROPRACTIC

MAY 18, 2010:
BETTER HEARING
ANN MUNIER
CENTER FOR HEARING & SPEECH

JUNE 15, 2010:
HOME SAFETY
KRISTI JACKSON
LASTING IMPRESSIONS

JULY 20, 2010:
FALL PREVENTION
BRIAN ROSE, M.P.T.
BETHESDA SENIOR THERAPY
CENTER

AUGUST 17, 2010:
ORGANIZING YOUR HOME &
PREPARING FOR A MOVE
SHANNON ZIPOY,
AN ORGANIZED LIFE &
JENNIFER PAULE,
A-MRAZEK MOVING SYSTEMS

SEPTEMBER 21, 2010:
MANAGING CHRONIC PAIN
TBD PAIN MANAGEMENT
SERVICES

OCTOBER 19, 2010:
MEDICARE BENEFITS
SHELLEY MILLER
CLAIM

BETHESDA GARDENS

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“Listen and Learn” Educational Series

At Bethesda Gardens

Bethesda Gardens, the premier senior independent living community in Kirkwood, has established a new, ongoing series of educational programs open to the public that will feature experts speaking on a variety of senior-based topics.

The new “**Listen and Learn**” series will take place on the third Tuesday of the month from 7 p.m.-8 p.m. at **Bethesda Gardens**, 420 South Kirkwood Road.

On Tuesday, March 16, Steve Miskovic, MSW, with **Memory Care Home Solutions** will be presenting ideas on caring for those with dementia. He will also share practical measures families can take to cope with their loved one’s memory issues.

The series is **FREE** and open to the public, but **RSVPs** are requested. Please call (314) 965-8100 for more information.



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