Thank you for your support!

For more information visit our website at michmed.org/taasc.

Thank you for your support!
**Turner Senior Wellness Program**

**July 2022 - December 2022**

**HEALTHY LIVING PRESENTATIONS**

**TUESDAY, SEPT 27**

Health & Wellness Conference—Winter 2022

**SIX WEEKS ON THURSDAYS**

**SESSION I: JULY 5 - AUG 18**

MONDAY, 1:00-3:00PM | SESSION II: SEPT 6 - OCT 20

THURSDAY, 10:30 - 11:15AM, $45

**SESSION II: NOV 17, 24, DEC 1, 8, 15, 22**

NOV 3

MONDAYS, 1:00-3:00PM

**SESSION III: JAN 19, 26, FEB 2, 9, 16, 23**

FEB 20

THURSDAYS, 10:00AM- 12:00PM

**GROUP THERAPY**

**Therapy-MBCT**

**EIGHT FRIDAYS, SEPT 9 - OCT 28**

1:30-3:30PM | SESSION II

1:30-3:30PM | SESSION III

1:30-3:30PM | SESSION IV

**CARDIO AND HEALTH**

**Brain Gym with Katy Held**

**SESSION II: NOV 17, 24, DEC 1, 8, 15, 22**

NOV 17

TUESDAYS AND FRIDAYS

10:00-11:00AM

**Yoga As We Grow Older**

**SESSION I: AUG 18 - OCT 6**

OCT 6

THURSDAYS, 10:30-11:45AM

**Yoga for Balance**

**SESSION I: AUG 18 - OCT 6**

OCT 6

TUESDAYS, 10:30-11:45AM

**Yoga for Seniors**

**SESSION I: AUG 14 - OCT 5**

OCT 5

TUESDAYS, 10:30-11:45AM

**Yoga and Meditation**

**SESSION I: AUG 14 - OCT 5**

OCT 5

THURSDAYS, 10:30-11:45AM

**EXERCISE AND HEALTH**

**Dance for PD (Rhythm Moves and Movement)**

**SESSION I: JUN 14 - AUG 16**

AUG 16

MONDAY, NOON-12:30PM

**SESSION II: SEPT 12 - NOV 14**

NOV 14

TUESDAY, NOON-12:30PM

**SESSION III: DEC 12 - FEB 14**

FEB 14

WEDNESDAY, NOON-12:30PM

**SESSION IV: MAR 16 - MAY 18**

MAY 18

THURSDAY, NOON-12:30PM

**END OF LIFE CONSIDERATIONS - IN YOUR CARCINOMA**

**SESSION I: JUN 21 - AUG 16**

AUG 16

MONDAY, 1:00-2:00PM

**SESSION II: SEPT 26 - NOV 18**

NOV 18

TUESDAY, 1:00-2:00PM

**SESSION III: DEC 20 - FEB 17**

FEB 17

WEDNESDAY, 1:00-2:00PM

**SESSION IV: MAR 21 - MAY 16**

MAY 16

THURSDAY, 1:00-2:00PM

**SESSION V: JUN 21 - AUG 16**

AUG 16

MONDAY, 1:00-2:00PM

**SESSION VI: SEPT 26 - NOV 18**

NOV 18

TUESDAY, 1:00-2:00PM

**SESSION VII: DEC 20 - FEB 17**

FEB 17

WEDNESDAY, 1:00-2:00PM

**SESSION VIII: MAR 21 - MAY 16**

MAY 16

THURSDAY, 1:00-2:00PM

**SESSION IX: JUN 21 - AUG 16**

AUG 16

MONDAY, 1:00-2:00PM

**SESSION X: SEPT 26 - NOV 18**

NOV 18

TUESDAY, 1:00-2:00PM

**SESSION XI: DEC 20 - FEB 17**

FEB 17

WEDNESDAY, 1:00-2:00PM

**SESSION XII: MAR 21 - MAY 16**

MAY 16

THURSDAY, 1:00-2:00PM

**COOKING AND HEALTH**

**Brain Gym with Katy Held**

**SESSION II: NOV 17, 24, DEC 1, 8, 15, 22**

NOV 17

TUESDAYS AND FRIDAYS

10:00-11:00AM

**Yoga for Seniors**

**SESSION I: AUG 14 - OCT 5**

OCT 5

TUESDAYS, 10:30-11:45AM

**Yoga for Balance**

**SESSION I: AUG 14 - OCT 5**

OCT 5

WEDNESDAY, 10:30-11:45AM