Community Health Education Seminars

*Practical Advice & Self Care*

- Managing Hip and Knee Arthritis
- Otago Exercise Program
- Low Back Pain
- Fall Prevention
- Managing Diabetes
- Benefits of Exercise
- Hand Arthritis
- Staying safe in the Winter
- Walking Aids & Assistive Devices
- Osteoporosis
- Healthy Eating
- Healthy Eating

*Current Locations for Seminars*

- Guilford Senior Center
- Old Lyme Senior Center
- The Gables in Guilford
- Madison Senior Center
- Woodview Senior Housing