



**2012 Wellness Program
May – Physical Wellness**

Thursday 5/3/12 10:00 AM

“New American Resettlement for the Over 50 Crowd – Unexplored Challenges and Opportunities”

Many of the refugees that are resettled in North Dakota are 50+ years old. What are some of the unexplored challenges (isolation, hopelessness) and opportunities faced by this special group of newcomers, and how can we as a community help?

Presented by:

Darci Asche, Community Support Services Supervisor, Lutheran Social Services of North Dakota

Tuesday 5/8/12 3:00 PM

“Activities for the Mind, Body, & Soul”

For many older adults, inactivity can result in a decline in health. Keeping active can prevent or even reverse decline in one’s abilities. Learn about some basic activities for the mind, body, and soul to keep active and stay healthy.

Presented by:

Tanya Jacklitch, Home Instead

Thursday 5/10/12 10:00 AM

“Painting from the Inside Out”

Are you tired of harboring your worries and stress inside? Everyone needs to express themselves to be healthy. In this workshop you will express the inner you in living color using oil pastels, water, a brush, and a sense of humor.

Presented by:

Sandy Ben-Haim, Director of Education, Plains Art Museum

(This program will be held in 1st Avenue Coffee Shop Sunroom)

Friday 5/18/12 3:00 PM

“What’s in a Personality”

Learn about personality traits and how to identify your personality type.

Presented by:

Nancy Ruud, Director of Clinical Continuing Development, Sanford Health

Tuesday 5/22/12 3:00 PM

“Bone Health”

Learn how to keep your bones healthy. Causes, prevention and treatment of osteoporosis will be discussed.

Presented by:

Kari Erickson, BAN, RN, Joint Program Coordinator and Kristen Liebl, RD, LRD, Sanford Health

Thursday 5/31/12 10:00 AM

“What’s New at the Fargo Public Library”

Learn about the resources available at the library including what’s new for online resources.

Presented by:

Tim Dirks and Ben Daeuber, Fargo Public Library