



Happenings

Senior Camp 2017 Healthy Round-Up

Tuesday, April 18

8:30 – 9:30 am:

Registration and visit vendors

9:30 am – 1 pm:

Program & Lunch

Rozar Park, 1060 Keith Drive

Perry



Dust off your cowboy hat and round-up your friends to attend the H.H. Corral. Some topics for this day camp for older adults include: nutritional habits of the old west, where to hide your loot, cowboy stress and just horsin' around. Prizes for best dressed cowboy or cowgirl will be given. Cost is \$10 per person which includes lunch and gift. Call 923-9771 to pre-register.

Cholesterol Management Tools

Wednesday, April 19, 4 – 5 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Understanding coronary artery disease as well as knowing your personal lipid or cholesterol level can impact your health. This class taught by a Registered Nurse provides information on improving your risk factors as well as your lipid levels. Call 923-9771 to pre-register.

Small Steps: How to Prevent or Delay Type 2 Diabetes

Monday, April 17, 4 – 5 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Research has proven that Type 2 diabetes can be delayed or prevented in persons at risk. This program was created by the National Diabetes Education Program (NDEP) to provide individuals with basic tools to help them make appropriate lifestyle changes and reduce their risk for developing diabetes. Call 923-9771 to pre-register.



Better Breathers Club

Thursday, April 6, 12 Noon – Sleep Disorders Link to Lung Diseases

Houston Medical Center

Northwest Tower Lobby Conference Room

1601 Watson Boulevard, Warner Robins

Tuesday, April 4, 12 Noon– Sleep Disorders Link to Lung Diseases

Perry Hospital Cafeteria

1120 Morningside Drive, Perry

Better Breathers provides methods to cope with lung diseases such as COPD and Adult Asthma. The group includes discussions of ways to face the challenges of lung disease while improving your quality of life. The program is affiliated with the American Lung Association.

The Houston Health Pavilion EduCare Center is located at 233 North Houston Road in Warner Robins.

Pre-register for all events/classes by calling (478) 923-9771 or online at www.hhc.org/calendar.