

Join us for the **2018 Firelands 55+ Luncheon Club Series** at Sandusky Yacht Club

Enjoy the Sandusky Yacht Club's delicious Wednesday buffet lunch, including the following for **\$18** per person (includes tax/tip; cash or check only please): salad bar, soup station and rolls, hot entrees with at least two meats, vegetables, pasta or fish, assorted desserts, hot tea, iced tea and coffee.



The buffet lunch is from 11:00 am to 12:30 pm, followed by a presentation at 12:30 pm. Enjoy this enlightening luncheon program in the elegant surroundings of the Sandusky Yacht Club. Open to the public, you will find fun, new and old friends, and featured knowledgeable healthcare providers speaking on a variety of health and well-being topics. Early reservations are recommended; call 419-557-7840 no later than the Friday prior to the Luncheon Club.

FEBRUARY 14

CHOLESTEROL; THE GOOD, THE BAD, AND THE UGLY

Speaker: Dawn Fitt, Rph. Pharmacist

Listen to pharmacist, Dr. Fitt explain the essential facts of cholesterol, including how a healthy balance is required for good health. We will discuss the good and bad effects of cholesterol on the body, and tools to help control it.

MARCH 28

BONE-UP ON OSTEOPOROSIS

Speakers: April Hamlin, P.T.; together with a Pharmacist

Did you know your bones are constantly being renewed in a process called remodeling? Physical therapist, April Hamlin, will share tips on ways to optimize remodeling to keep your bones healthy as possible; and a pharmacist will review, when and if, medications are necessary.

APRIL 25

HOSPICE MYTH BUSTERS

Speaker: James E. Preston, D.O.

Listen to the Medical Director of Stein Hospice, Dr. James Preston, clarify the common misconceptions and myths that surround hospice care.

MAY 23

BREATHE EASIER. . .

Speaker: Tammy Biglin, RRT, Director of Cardiac/Pulmonary Services

Did you know your lungs mature by age 20 to 25, and after age 35 their function declines? As a result breathing can become more difficult over time. Learn some of the pulmonary issues common to aging, and what you might be able to do to breathe easier.

JUNE 27

BEING A FRIEND TO THOSE WITH MEMORY LOSS

Speaker: Lynn Ritter, PhD, Education Coordinator for the Alzheimer's Association, Northwest Ohio Chapter

Back by popular demand, Dr. Ritter returns to speak on a new topic. She approaches with humor, wit and compassion, the sensitive topic of being a friend to those with memory loss.