

## June

### **Bringing Balance to Your Life: Fixing Your ‘Flat Tire’**

Tuesday, June 9

6 to 8 p.m.

### *Midlife Matters*

### **Keeping the Romance Alive: Relationship Changes During Menopause**

Tuesday, June 16

6 to 8 p.m.

## July

### **Beauty Basics: Keeping Your Skin Beautiful and Cancer-free**

Tuesday, July 7 • 6 to 8 p.m.

*Free cancer screenings available*

### **Menopause: Mood Swings, Memory Loss and How to Manage**

Thursday, July 16 • 6 to 8 p.m.

WHAS Anchor Jean West and Physician panel discussion

*Bone density screenings*

### **Baby Don’t Burn: Protecting Your Children from Sun Damage**

Tuesday, July 21 • 6 to 8 p.m.

*Free skin cancer screenings*

## Alzheimer’s Series

### **Maintain Your Brain: Am I at Risk for Alzheimer’s Disease**

Thursday, July 9 • 9 to 11 a.m.

### **Parenting the Parent: Important Health Care Documents Everyone Needs**

Wednesday, July 15 • 9 to 11 a.m.

### **Parenting the Parent: Resources for Daily Living with Alzheimer’s Disease**

Friday, July 24 • 9 to 11 a.m.

## August

### **Changes and Challenges of Adolescent Years: What Every Parent Needs to Know to Support and Protect Youth**

Tuesday, Aug. 4 • 6 to 8 p.m.

**Maintaining Healthy Emotions in High School-age Children**

Tuesday, Aug. 18 • 6 to 8 p.m.

**This is the only class at Norton Audubon Hospital**

**Volunteerism: Opportunities to Share Your Heart with Your Community**

Thursday, August 20 6 to 8 p.m.