

## December Groups

### **Saturday, December 3<sup>rd</sup>: [Preventing falls as we age at 12noon on zoom](#)**

Come join us as we talk about the aging process and how to prevent falling as we age. We will talk about how falls can be prevented and how you can improve your balance and strength.

### **Wednesday, December 14<sup>th</sup>: [Pain and how it affects your physical and emotional health at 2PM on zoom](#)**

**New Group!** We will discuss what pain is and how it is developed in our body. We go through the process of chronic pain and how it affects us both physically and emotionally. We will review interventions that are used to reduce pain.

### **Thursday, December 15<sup>th</sup>: [Meditation for weight loss at 5:30pm on zoom](#)**

**New Group!** We will explore how being mindful of what and when you are eating can help you feel better and lose weight. Mindfulness is an intentional focus on one's thoughts, emotions, and physical sensations in the present moment. Mindfulness targets becoming more aware of, rather than reacting to, one's situation and choices. Specific practices and techniques — [meditation](#), [mindful eating](#), and intuitive eating — can help us learn or relearn how to have a healthy relationship with food and how to remove any problematic feelings we may have surrounding eating.

### **Wednesday, December 21<sup>st</sup>: [Learn about relaxation and reduce stress at 9AM on zoom](#)**

The How to Deal with Stress group will focus on what Stress is, what it does to your body, both emotionally and physically and how you can manage your stress. We will review the current interventions for managing stress and apply meditation to the group.

### **Wednesday, December 21<sup>st</sup>: [Learn about Allergies at 11 AM on zoom](#)**

It's that time of the season again. This group will focus on what Allergies are, the signs and symptoms of most common allergies and what you can do to feel better.

### **Thursday, December 22<sup>nd</sup>: [Learn about Diabetes at 11am on zoom](#)**

Learning About Diabetes group we will focus on how our body turns food into energy, what Diabetes is, the different types of Diabetes and what causes it. We will discuss healthy eating, serving size portion sizes and counting carbs. We will also discuss what we can do to reduce our risk of getting diabetes or improving our health if you already have Diabetes.

### **Friday, December 23<sup>rd</sup>: [Learn about the MIND Diet at 9am on zoom](#)**

Come learn about the MIND Diet and how it will improve your brain health. We will review what nutrients are good to eat and which ones we should limit in the MIND diet. The MIND diet is based on research that showed eating these nutrients will reduce your risk of getting dementia or other brain disorders.

**Friday, December 23<sup>rd</sup>: [Learn about mindful eating at 11am on zoom](#)**

**New Group!** We will explore how being mindful of what and when you are eating can help you feel better and lose weight. Mindfulness is an intentional focus on one's thoughts, emotions, and physical sensations in the present moment. Mindfulness targets becoming more aware of, rather than reacting to, one's situation and choices.

**Monday December 26<sup>th</sup>: [Learn about oral and dental health at 11am on zoom](#)**

The oral and dental care group focus on the importance of oral hygiene and wellbeing and health. The group reviews oral care, how to brush one's teeth and how to use dental floss, and when to go to the dentist. The group will learn about the signs and symptoms of mouth issues and when to go see the dentist. We will review the importance of flossing your teeth and how to do it.

**Wednesday December 28<sup>th</sup>: [Strive to Thrive and reduce stress at 4:30pm on zoom](#)**

There are lots of things in the world right now that are stressful. In this group we talk about stress, what it is, how it affects us emotionally and physically and how we can better deal with the stress that is in our lives.

**Saturday, December 31<sup>st</sup>: [Physical health and Zumba at 1pm on zoom](#)**

Physical Health group we will learn about how exercise improves our overall health. We will be doing gentle stretching exercises that can be done either sitting in a chair or lying on the floor. Then we have a 10 minute gentle Zumba video. We will finish with a breathing exercise and meditation.

Join Zoom Meeting

<https://us06web.zoom.us/j/2549705851?pwd=a1lBMll2L1JTYm5MODd4d1BYbWpNZz09>

Meeting ID: **254 970 5851**

Passcode: **Group**