

# Lecture topics available from Health and Fitness

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

## A Grand and Glorious Journey

Every person's life journey is filled with opportunities to learn, grow and evolve. The challenge for each of us is determining which path truly leads to "Grand and Glorious."

## Dream On

Talking giraffe's, flying cars, swimming televisions...welcome to the wacky, wonderful and weird world of dreams! Wake up to the fact that these nocturnal adventures are wonderful gifts that can actually help each of us work through some of life's most challenging situations.

## Happy Feet

Our feet deserve a standing ovation for all of the work they do in a lifetime! Preventative foot care is the key to long term quality of life. Understanding the proper way to protect our feet from unnecessary wear and tear can aid in the prevention of foot problems throughout the life process.

## Happiness is an Inside Job

A 'State of Happiness' is not something found on a road map. Some will find moments of joy in a home, a job, a car or a relationship... yet many of us spend our lives chasing that ever-elusive dream of living in "true happiness." The process of unveiling the secret to lifelong happiness is less complicated than one might think and more rewarding than any could imagine!

## Knowing You, Knowing Me

Our unique personalities make life interesting and challenging, yet complicated at times. Understanding personality differences can help all of us create healthier personal and professional relationships.

## Laughing Matters

It really does. Laughter can improve circulation, productivity, reduce stress and even help us lose weight! A sense of humor is truly one of our greatest assets.

## Life with Arthur

He's moved in and won't go away! About 46 million adults and children in the United States are currently living with arthritis and experience mild to extreme physical limitations as a result. There are many ways to improve our relationship with "Arthur" without having to take more medications.

## Living Well on a Shoestring

Budgeting can be a real challenge with today's high prices. Living on a fixed income requires knowledge, motivation and creativity. This program offers a variety of great ideas to help improve our relationship with money.

## Memory Lane

Memories mold and shape our lives. In this presentation, participants will interact with one another through shared memories, games and nostalgic stories.

## Mental Aerobics

Forgetting is not a normal part of the aging process. There are many tried and true techniques that can improve thinking skills, as well as increase memory capability and capacity.

## Old Dogs, New Tricks

There are many myths that accompany the aging process. This light-hearted, interactive program helps to dispel some of those myths as it encourages participants to build on their own personal talents and strengths.

## Synchronicity

Dreams, premonitions, flashbacks, presences and near-death experiences all fall into the category of "meaningful coincidences." For example, You are thinking of someone and at that very minute, they call you. We must believe there is more to life than just what we see.

## The Heart of Forgiveness

To forgive is divine, but it's not always easy to do. It is a process that takes tremendous commitment and strength. Taking the steps toward forgiving is a powerful, life-changing decision.

## The Transformative Power of Music

Throughout history, music has been a universal language among people from all backgrounds. Today, study results have proven that music not only aids in the grief and healing process, but also creates new passages around brain tissue that has been damaged.

It is a direct door to our Memory center and unleashes those feel-good chemicals produced in the brain.

## The 'Wiz'dom of Oz

This presentation promises to help you see the story of the Wizard of Oz with renewed clarity. The "lessons of Oz" are powerful signposts guiding us toward successful navigation of our own "yellow brick road" of life.

*A free 15 to 20 minute overview of the services offered by Aging Partners is available upon request.*

**To schedule a speaker for your group, program or organization, call 402-441-6687 or 402-441-7575.**