City of Lincoln AGING PARTNERS

# Health and Fitness / Wellness Presentations

*Presentations by: Ann Heydt, Program Assistant*

Should I stay or should I move? That's a question many older people ask at some point. Making that decision can be difficult.

Housing consultants strongly recommend that you consider many factors before moving. First, ask yourself what it is that you really want. Do you have health problems that limit your choices? Do you need to live close to relatives and friends?

Moving from a home that you've lived in for years can be an emotional experience. It's best to weigh all the factors carefully before making your decision.

## Improving Our Sleep

We all can benefit from sleeping better. Learn tips to improve your quality of sleep.

## Tools for Health and Happiness

What can we do every day to get the best out of life as we age? Also, understanding depression in older adults.

## Enhance Your Self Esteem

Understanding our thoughts and what we can do to keep a positive view of ourselves and others. Learn how planning for the future can help us.

## Healthy for a Lifetime

Do you want to feel better and have more energy? Learn the importance of fitness and how movement can add positive value to our future.

## Fall Prevention Tools

Falls are the leading cause of hospital visits for older adults. Learn about common hazards, ways to improve our confidence and what we can do to eliminate falls. This program is one to three hours in length and done in more than one visit.

## Guided Meditation

Learn the benefits of meditation and participate in a guided, visual meditation to promote relaxation and calmness.

## Where It's All About You

Tools that we can use to help us manage stress in our lives.

## The Grieving Process and Ways to Cope

Understanding the grieving process and what we can do to cope in a healthy way.

**To schedule a speaker for your group, program or organization, call Ann Heydt at 402-441-7506 or email: aheydt@lincoln.ne.gov.**

*(Most presentations last about 45 minutes.)*