



**LINCOLN**  
Aging Partners



# Health and Fitness / Wellness Presentations

*Presentations by: Tito Vigan, Community Health Educator*

## Grief (the loss of a loved one)

Understand that everyone deals and copes with loss differently and learn tools that help us process grief the right way.

## Depression

One the hardest topics to talk about. Learn to identify signs/symptoms of depression. Understand how depression affects individuals differently and where to seek help.

## Nutrition

Understand the basics of nutrition. How our eating habits impact our daily lives, and what to do to improve our healthy eating habits.

## Older But Stronger (the benefits of strength training)

Understand the misconception that getting old should not be associated with low energy, joints pain, lower or upper body weaknesses and poor quality of life.

## Sleep Well, Feel Well (the benefits of a good night's sleep)

Learn key patterns that improve your sleep and understand how certain habits disrupt your sleep patterns.

**To schedule a presentation for your group, program or organization,  
call 402-441-6687 or email: [Fvigan@lincoln.ne.gov](mailto:Fvigan@lincoln.ne.gov).**

*(Most presentations last about 45 minutes.)*



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