

For more information on any Aging Partners Health and Fitness services, call 402-441-7575.

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.

Where It's All About You

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

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

I will talk about the benefits of meditation and lead a guided, visual mediation to promote relaxation and calmness.

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.)

