



**COFFEE AND  
CONVERSATION  
AND  
JUDSON LIFETIME LEARNING**

**TEAM UP TO BRING YOU  
3 GREAT  
HEALTH LECTURES**

**at**

**Saint Ann Church – Walsh Hall**

**\*\*\*TUESDAY, NOVEMBER 17, 2009 – 10:30AM**

***How Exercise Will Slow Down the  
Onset of Alzheimer's***

**WEDNESDAY, JANUARY 20, 2010 – 10:30AM**

***Recommendations on How to  
Maintain a Healthy Back and Spine***

**Wednesday, March 10, 2010 – 10:30AM**

***Fall Prevention  
Through Improved Balance***

**These mornings begin with coffee (and a conversation)  
and continue with a healthy PowerPoint presentation**

**and lecture by**

**RACHEL MAISON**

**Physical Therapist from  
Aegis Therapies**

**Reservations not required but always appreciated.**

**Call Renée Barber at 216-321-0024 Ext. 15**

**\*\*\* Please note the special *Tuesday* date!**

