2019 • SPRING ISSUE

KESWICK COMMUNITY HEALTH

Wise & Well Center for Healthy Living

LIVE WELL • AGE WELL • BE WELL

KESWICK
wise & well

The Keswick Wise & Well Story

Keswick is undergoing a transformation, but it hasn't happened overnight. For more than five years, this Baltimore health resource, once only known as a nursing home, has offered community health services both in the main building on its 40th Street campus and throughout the region.

As popularity for this programming grew, Keswick made the decision to invest in a dedicated space for older people in our area to pursue their health and well-being goals. In fall 2018, Keswick opened the doors to its new Wise & Well Center for Healthy Living, the hub for Keswick Community Health activities. The building, located on Keswick's campus in the former Bauernschmidt Building, has been intentionally designed with older adults and well-being in mind.

The first of its kind in Maryland, the membership-based Center offers classes, coaching and personalized services across multiple dimensions of wellness. Wise & Well aims to serve as a partner in your health journey and aid in staying active and connected – the proven foundation for healthy aging. This welcoming space offers the opportunity for older people to attend educational programming on a myriad of topics, socialize and take advantage of numerous resources so they are able to live well, age well and be well.

Your Wise & Well Team

Susan Bender

Wise & Well Team Leader, holds a Master of Arts in Transformative Leadership and Social Change and a Bachelor of Science in Education with an emphasis on Therapeutic Recreation. She is certified as a Brief Cognitive Assessment Tool (BCAT) Master Clinician and is trained to lead: National Diabetes Prevention Program (NDPP); Living Well – Chronic Disease, Diabetes and Pain Self-Management; Stepping Up Your Nutrition; Stepping-On Falls Prevention (Master Trainer), and Hypertension.

Peer Leaders - Volunteers

You will be guided and supported by peers – older people who are at a place on their own journeys that gives them the opportunity to take the lead. We offer training to those ready to take that step. If you are interested in becoming a peer leader, start by becoming a Keswick Volunteer. Contact Rosalyn in Volunteer Services, 410-662-4380 or Volunteer@ChooseKeswick.org.

Keswick Executive Leadership Team

Carmel Roques, President & Chief Executive Officer
Eric Turnbaugh, Chief Financial Officer
Maria Darby, Senior Vice President, Communications & External Relations
Kathy Graning, Vice President Clinical Services, Keswick Multicare
Aileen Tinney, Vice President, Keswick Community Health

Wise & Well Membership Benefits

Welcome to Wise & Well! Your $60 yearly membership fee opens up a world of opportunities on your health journey.

What a Wise & Well membership offers you:

- **Wise & Well Journey Courses** to help you navigate your path and provide direction when you choose, if and when you need or want it.
- **Wise & Well Courses, Programs and Activities** – Details for each class are noted as part of the course/program description.
- **Strength & Balance/Personal Training** – Gain personal guidance on where to start with exercise classes and equipment in our active fitness spaces.
- **Wise & Well Coach** – Meet privately with a Wise & Well coach as often as you choose.
- **Private Consultations @ Wise & Well Center** – Individual appointments with professionals who are a part of the Wise & Well community, who share our vision for personal growth, such as personal trainers, massage/acupuncture therapists, personal pharmacist, life coaches and more.
- **Members-only access** – You'll have access to 14,000 square feet of intentionally designed and programmed spaces that encourage movement, engagement and personal growth for older people.

LIVE WELL...

Engage in events and education proven to lead to simply better days, for you.

AGE WELL...

Guided by coaches and peers, gain a multi-dimensional perspective of well-being.

BE WELL...

Get what you need to grow and live well in your community, right at home.

Learn more at ChooseKeswick.org/communityhealth

Follow Keswick's progress on

Facebook: @ChooseKeswick • Instagram: Keswick_Wise_and_Well

Welcome to Wise & Well Spring/Summer 2019

"Spring Is When Life's Alive In Everything. " ~Christina Rossetti

Spring is here; summer is on the horizon! The days are becoming longer, warmer and brighter as nature awakens after winter's rest. The leaf buds and flowers are ready to pop! If we follow nature's seasonal cycle, we too are "raring to go," filled with optimism, hope, clear vision and sense of purpose after the quiet, stillness of winter. The dawn of spring inspires us to plant seeds for the future by looking ahead, making new plans, formulating new ideas, making decisions, determining our direction for the warmer season—and take ACTION! Spring exudes energy and personifies new beginnings…just in time for a new selection of classes, programs, activities and events at the Wise & Well Center.

I invite you to step outside into the sun, embrace its energy, and also feel the warmth that comes from the **Wise & Well Center** community connections, friendships and relationships that are growing here. This spring take the opportunity to try new things and expand your horizons. Bring your friends and explore new possibilities. The spring/summer program calendar is robust with a variety of **new** offerings, as well as old favorites, for you to explore! Choose a path that excites, or perhaps is a little different, for you!

Spring is a great time to get moving; there are movement and fitness offerings for every kind body at any fitness level. Join our Wise & Well Garden Club as we tend the flowers, herbs and vegetables under the guidance of Master Gardeners from the University of Maryland Master Gardener program. Local Celebrity Chefs will be back preparing tastings of their favorite recipes. New to the calendar this season – Thursday evening Arts in the Garden, where we will showcase Baltimore performance artists. Come appreciate their music, storytelling, and artistic expression as you gather and socialize with neighborhood friends!

There is so much here for you to experience – what will tickle your fancy?! The Wise & Well Center for Healthy Living is all about offering programs that stimulate your mind, move your body and bring you joy. So put some spring in your step, spring in your food, spring in your mind and heart and **Spring into Spring!** See you at the Center.

Be Well,

Susan

Susan Bender
Wise & Well Team Leader

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Wise & Well Class Offerings

For More Information and to Register for Classes, Please Call 410.662.4363

Your Wise & Well Journey

Wise & Well is all about how we can take steps today towards having a better day tomorrow. This is your Wise & Well community; we're here for you!

To get the most out of your Wise & Well membership, please join us for the following, at no charge! These courses are included with your membership.

Your Best Life - Wise & Well Orientation

This Wise & Well Orientation walks members through a holistic picture of health and well-being. How you feel is not just about your physical health; it's about overall wellness. We'll discuss Wise & Well logistics – parking, course registration, class pathways and dimensions of wellness and moving forward on your health journey.

Date:	Time:
Monday, May 6	1:00 pm – 2:00 pm
Friday, May 24	12:30 pm – 1:30 pm
Monday, June 3	1:30 pm – 2:30 pm
Thursday, June 20	11:00 am – Noon
Friday, July 5	1:30 pm – 2:30 pm
Wednesday, July 17	2:00 pm – 3:00 pm
Tuesday, August 6	10:30 am – 11:30 am
Thursday, August 22	2:00 pm – 3:00 pm

Mile Marker Check

How is it going for you? This peer-to-peer group experience, led by a Wise & Well Coach, provides a moment to PAUSE to reflect on you Wise & Well health journey/ progress. Are you meeting your milestones? Even if you are not where you expected, pausing creates the opportunity to re-evaluate, to get back on track or change course to get where you want to be.

Date:	Time:
Monday, June 17	10:30 am – 11:30 am
Tuesday, July 23	2:00 pm – 3:00 pm
Wednesday, August 14	3:30 pm – 4:30 pm

Q-TUG Fall Screening

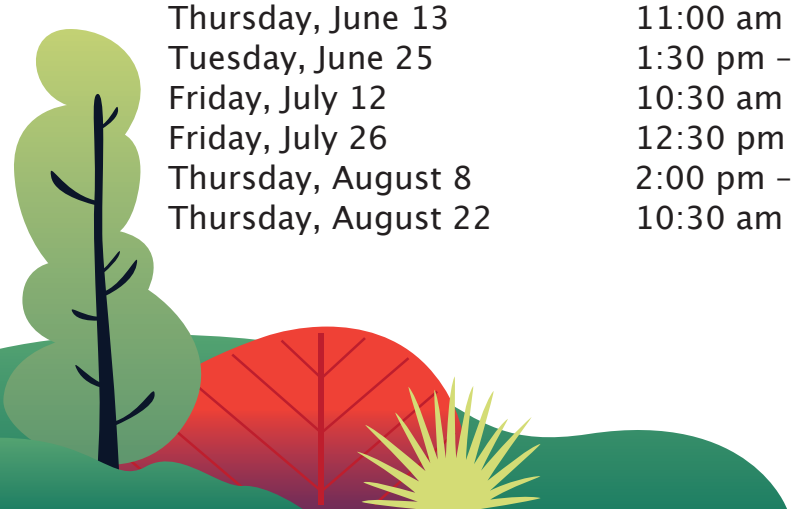
As one of the many benefits of your Wise & Well membership, a Wise & Well coach will perform a personalized falls screening so that you can measure your falls and safety risk. Your numbers and recommendation will be provided so you can better navigate your path and course direction.

Date:	Time:
Monday, May 6	2:00 pm – 3:00 pm
Friday, May 24	1:30 pm – 2:30 pm
Monday, June 3	2:30 pm –3:15 pm
Thursday, June 20	10:00 am – 11:00 am
Friday, July 5	2:30 pm – 3:30 pm
Wednesday, July 17	3:15 pm – 4:00 pm
Tuesday, August 6	10:00 am – 10:30 am
Wednesday, August 7	2:00 pm – 4:00 pm
Thursday, August 22	3:00 pm – 4:00 pm
Tuesday, August 27	10:00 am – Noon

Service Coordination at Your Service

Have questions? Need support? A group Q & A session on how you can navigate over, under and through some of the barriers in your way — that may be preventing you from having better days. These "things" might include personal motivation, interest, reliable transportation, health issues or any number of other things. Ask questions and hear others' questions – and answers shared by you, your peers and our Wise & Well Coach.

Date:	Time:
Wednesday, May 8	1:00 pm – 2:00 pm
Wednesday, May 22	10:30 am – 11:30 am
Thursday, June 13	11:00 am – Noon
Tuesday, June 25	1:30 pm – 2:30 pm
Friday, July 12	10:30 am – 11:30 am
Friday, July 26	12:30 pm – 1:30 pm
Thursday, August 8	2:00 pm – 3:00 pm
Thursday, August 22	10:30 am – 11:30 am



Celebrate!

Join us for some fun! Sometimes planned and sometimes spontaneous, celebrations acknowledge successes for ourselves and for others and inspire us to strive for endless possibilities, and…they are just plain FUN. At Wise & Well, we'll get the ball rolling with a few planned days of celebration to re-connect with each other. Watch for details!

Date:
Wednesday, August 28

Time:
2:00 pm – 3:30 pm

Creative Pathways

Artful Minds Mondays & Fridays

Our MICA Interns will work with members to finish up their project work on Mondays and Fridays as part of the creative expression that happens in the Open Art Studio. Registration closed.

Date:
Mondays & Fridays:
May 3, 6, 10, 13, 17

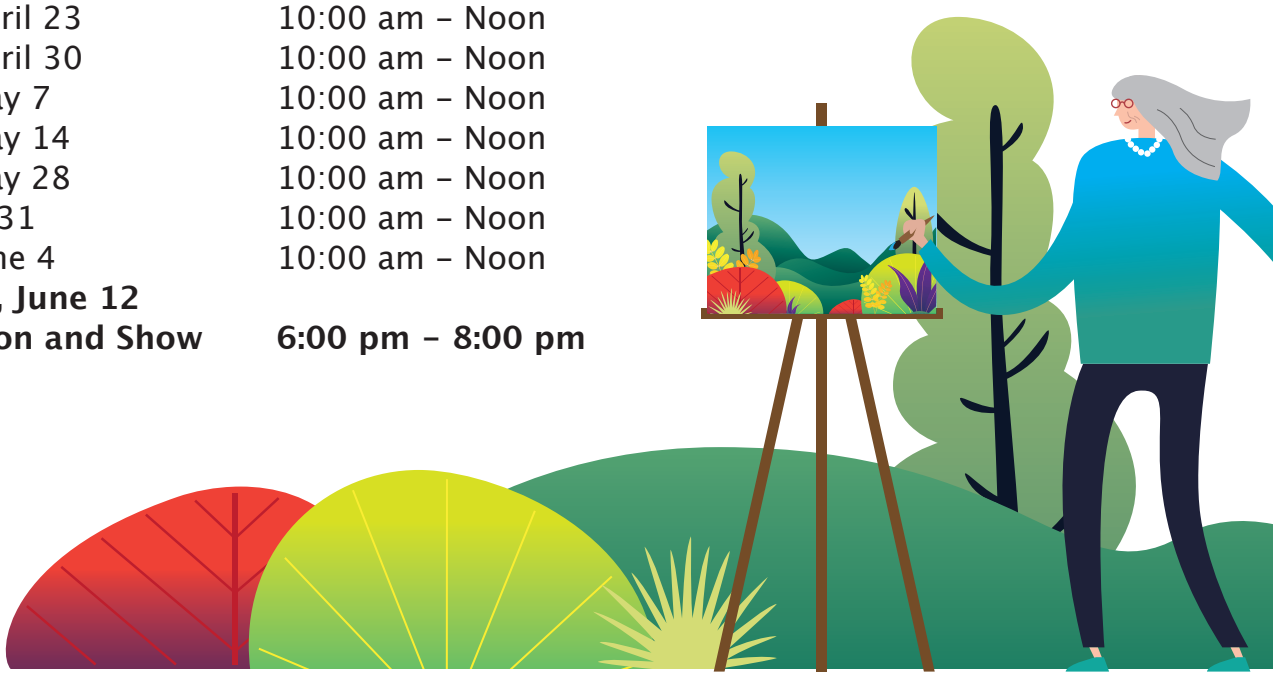
Time:
10:30 am – 3:00 pm

Power Portrait Project

Artist Sara Kaltwasser will guide members through this special workshop series that culminates in a finished self-portrait and an art show in the Wise & Well Center. In this workshop you will explore your power as a creative citizen in Baltimore by participating in interviews, a photoshoot, and the creation of a mixed media collage! Through this process artists will define what makes them powerful members of their community. Foundation funded project, limited enrollment.

Date:	**Time:**
Tuesday, April 9	10:00 am – Noon
Thursday, April 11	10:00 am – Noon
Tuesday, April 23	10:00 am – Noon
Tuesday, April 30	10:00 am – Noon
Tuesday, May 7	10:00 am – Noon
Tuesday, May 14	10:00 am – Noon
Tuesday, May 28	10:00 am – Noon
Friday, May 31	10:00 am – Noon
Tuesday, June 4	10:00 am – Noon
Wednesday, June 12	
Art Reception and Show	**6:00 pm – 8:00 pm**

Fees:
Free Members Only Course



Make Your Preakness Fascinator Hats!

The Preakness revolves around horseracing, but let's be honest... It's really all about the hats! Let's show our spirit for our famous hometown horserace, by packing all of our creativity and craftiness into making 2019 Preakness Season Fascinator Hats! Purge through your closets, old button and fabric drawers, bring in your old hats and let's create. Come with trim, feathers, lace, ribbon, whatever suits and tickles your fancy. Re-purpose some of those hat bases to see what you can create! We'll wear our 2019 fascinators to the Wise & Well Ladies Day at the Races Party on Friday, May 17!

Date:
Tuesday, May 14

Time:
2:30 pm – 4:30 pm

Fees:
Member: $5
Non-Member: $10

Ukulele for Beginners

Program offered in partnership with AIM

The "Uke" is a stringed instrument that is gaining popularity, maybe because it is so easy and fun to play! In this session, you will learn enough chords and concepts to play a song or two with the group. Ukuleles will be provided, or bring yours along.

Date:
Tuesday, August 13

Time:
10:00 am – Noon

Fees:
Member: $5
Non-Member: $5

Dancing Through the Ages!

Come exercise your body, mind and spirit through dance! Let the music stimulate, strengthen, soothe and MOVE you! Good dancer or two left feet? No problem! Just let go and be comfortable. Studio DNA dance instructor and owner, John Dawson, will have you learning new dance steps and building confidence in no time. We will explore various dances, rhythms and mix things up. Join our dance party fun! All are welcome! 90 minute dance lesson, followed by 30 minute social engagement. Refreshments provided. **Ask about our Bring a Friend incentive.**

Date:
Friday, July 12
Friday, August 23

Time:
2:30 pm – 4:00 pm
2:30 pm – 4:00 pm

Fees:
Member: $10
Non-Member: $20

Wise & Well Garden Club

Vegetables, flowers and herbs, Oh my! Calling all gardeners and members with green thumbs! It's time to gather in the garden to weed, plant, grow and harvest! Join fellow members and under the direction of the University of Maryland Master Gardeners program let's see what beautiful bounty we can cultivate in our garden this season. This summer's soon to be fragrant flowers, delicious herbs and vegetables are calling you to our first organizational meeting and planting session. Please register for this session.

Date: Monday, May 13

Time: 11:00 am – 4:30 pm

Fees
Member: Free
Non-Member: $20

What's the Buzzzzz: Bees Important Pollinators of the Garden!

Join Beekeeper Bobbie Jo as she shares information about the secret lives of bees. Bees are having a hard time right now. Native bees and butterflies need native plant species and space to thrive. Pollinators are an important part of plant reproduction and garden propagation. Many bees are declining due to a decrease in the availability of the pollinator plants they need to survive. Learn about the roles of the Queen, the Drone and the Worker Honey bee, as well as the holistic homeopathic remedy that they provide in addition to that wonderful sweet treat of honey!

Date: Wednesday, July 31

Time: 4:30 pm – 6:00 pm

Fees: Free to All

Making ART with Sarah

For all you creatives out there, you will be pleased to know that MICA graduate, professional artist and educator Sara Kaltwasser is back leading workshops that will engage and inspire all your senses and leave you wanting more. She will lead you on an artistic journey where you can dive in and explore all of your creative power. Join her in this full on multi-media studio art workshop experience! Some field trips included. Register today!

Date:
Monday & Friday:
May 20, June 10, 14
Saturdays: July 13, 20
July 22, 29

Time: 10:00 am – 2:00 pm

Fees
Member: $15
Non-Member: $25

Flower Arranging

Flowers make everything more beautiful! All that lovely color and texture makes the simplest container or Mason jar look fabulous! If you have always been fascinated by the art of flower arranging or just want to be able to arrange and display fresh cut flowers from your garden in a new and creative way, join our special floral expert as she shares her tips and tricks for mastery.

Date:
Thursday, July 11
Thursday, August 8

Time:
2:00 pm – 3:30 pm
10:30 am – Noon

Fees
Member: $5
Non-Member: $12

Keswick Signature Brain Series

Brain Blasts

This session is a high energy, highly interactive experience that provides you the opportunity to exercise your brain through fun brain games and challenges in a group social setting. Think game show engagement! Learn about the six areas of brain health and why brain challenges are important to your functional health. This class is a blast and will give your brain the boost it craves. Come meet new friends, challenge your mind and have fun. Your brain will thank you!

Date:	Time:	Fees:
Wednesday, May 10	1:30 pm – 3:00 pm	Member: Free
Friday, June 14	2:00 pm – 3:30 pm	Non-Member: $15
Tuesday, July 16	10:30 am – noon	
Wednesday, August 21	1:30 pm – 3:00 pm	

BrainWise 1.0

This highly engaging and interactive course will highlight how the domains of well-being impact your functional brain health! Participants will learn the tips and tricks to improve clarity, focus and functional memory. The goal in this series is to provide tools both through social engagement and individual specific daily practice that promote healthy habits. This workshop provides a pre- and post-assessment for a tailored approach to meet your needs. Certificate upon completion.

Date:	Time:	Fees:
Mondays: May 13, 20, June 3, 10, 17, 24 July 1, 8, 15, 22	1:00 pm – 3:00 pm	Member: $45 Non-Member: $90

Puzzle Pals

Puzzles and Brain Teaser challenges will be available for members to collectively contribute to solving the puzzles and brain games together. This is a group activity that will stimulate your brain health. Join us for some fun! Puzzles will be on tables located in the 2nd floor technology area.

Date:
Friday, July 19
Monday, August 19

Time:
1:30 pm – 3:00 pm
10:30 am – noon

Fees:
Free Members Only Course

All About You – We're Talking Tech, Health, Safety & Finances

Have Fun Aging Gracefully with Ayana!

Let's ring in spring and put all that good ***Spring-Action-Energy*** to good use by having some Fun Aging Gracefully with Ayana. She will share energizing tips in this afternoon workshop that will lead to a happy, healthier you. Say **YES** to making a commitment to yourself to be your Best You! Be ready to lift your vibration; it will be awesome! **Bring a friend!**

Date:	**Time:**	**Fees:**
Thursday, May 16	1:00 pm – 4:00 pm	Free to All

Arts In The Garden

Wise & Well members and community guests are in for a treat this summer as we host a variety of performance artists on select Thursday evenings. This light evening social will have you tapping to swing and jazz; your happy feet dancing to drum rhythms; listening to classical piano melodies, engaging in the Storyteller's adventures; and appreciating fine art in the garden; all while you sip on refreshing beverages, sample appetizers and connect with friends. We hope you will join us for **Art in the Garden** as we create some new summer memories! RSVP for each individual date requested.

Event: Samuel Farthing Quartet
Date: Thursday, May 30 **Time:** 6:00 pm – 8:00 pm **Fees:** Free to All

Event: Chance Plays the Classics
Date: Thursday, June 20 **Time:** 6:00 pm – 7:30 pm **Fees:** Free to All

Event: N-Chat Drum Rhythms
Date: Thursday, July 18 **Time:** 6:00 pm – 8:00 pm **Fees:** Free to All

Event: Rita Curtis Fine Art Paintings
Date: Thursday, August 29 **Time:** 6:00 pm – 8:00 pm **Fees:** Free to All

HEALs (Healthy Eating Active Living)

Not enough time for a 90-day tour around the world? Airline prices a bit much? Don't fret! Take a Journey with the Wise & Well Center crew. No worries. We'll provide you a HEALs passport to travel with us for such summer experiences as tasting exotic teas from faraway lands. Learn about longevity and vitality practices experienced in the Blue Zones. Are you interested in journeying closer to home? We'll share those hidden gems that only the most experienced local travelers can point out. We will highlight safe travel practices when out and about, alone or with friends, locally or abroad. Come experience the Wise & Well HEALs Journey this summer 2019! It's sure to be a Blast! More information to come!

Date:
Wednesdays:
May 22, June 19,
July 24, August 14

Time:
1:30 pm – 3:30 pm

Fees:
Free to All

Hampden Library Book Club

The Kinship of Secrets by Eugenia Kim, c2018, (292 pages). A novel, this book tells the story of two sisters who were bound together by family ties, even as they were kept apart by the Korean War—a riveting tale! All are welcome to participate in book conversation even if you haven't read the book.

Facilitator: Devon Ellis, Branch Manager, Hampden Enoch Pratt

Date:
Thursday, May 9

Time:
4:00 pm – 5:00 pm

Fees:
Free to All

Pro-Bono Legal Day

Are you over 60 and a resident of Baltimore City, with legal concerns and questions on everything from Wills, Estate Planning, Bankruptcy, Family Law matters to Medicaid? Do you need legal documents and do not know where to find them or need counsel on how to complete this information? Pro-Bono Legal will provide their resources and free legal guidance and support. **Call ahead to schedule your appointment time: 410-951-7750.**

Date:
Thursday, May 15

Time:
10:00 am – 3:30 pm

Fees:
Free to All

The Adult Tea Tasting with Cuples Tea House

Join us as we host an Urban Adult Tea Tasting at the Center! Our Tea Experts, Lynnette and Eric Cuples, will share the origins, production methods flavor profiles, aromas, textures and health benefits as we join them on this urban tea journey! Then we will all get to sample select teas with "spirit enhancers," introducing an entirely new adult tea drinking experience. This is tea with a Wise & Well Twist. It's going to be a highly interactive evening! **Space is limited so register early.**

Date:
Thursday, June 13

Time:
6:00 pm – 8:00 pm

Fees:
Free to All

Wise & Well Ladies Day At The Races Party!

Dedicate this Friday at the Wise & Well Center to the historic culture of Black-Eyed Susan Day! Join members as we celebrate Baltimore and all things Preakness! Let's wear our fascinators and style it up with our girlfriends and fellas to celebrate the magic of the fillies! Ladies (& gentlemen) come flaunt your style and creativity, enjoy appetizers and sip cool beverages, play games, win prizes!

Date:
Friday, May 17

Time:
1:30 pm – 3:30 pm

Fees:
Free to All

Tax Credits- Maryland Consumer Rights Coalition (MCRC)

Representatives from MCRC will be here to provide an informational workshop on Maryland tax credit. Come with your questions. Free workshop for all.

Date:
Wednesday, June 26

Time:
2:00 pm – 3:00 pm

Fees:
Free to All

Read Well Book Club

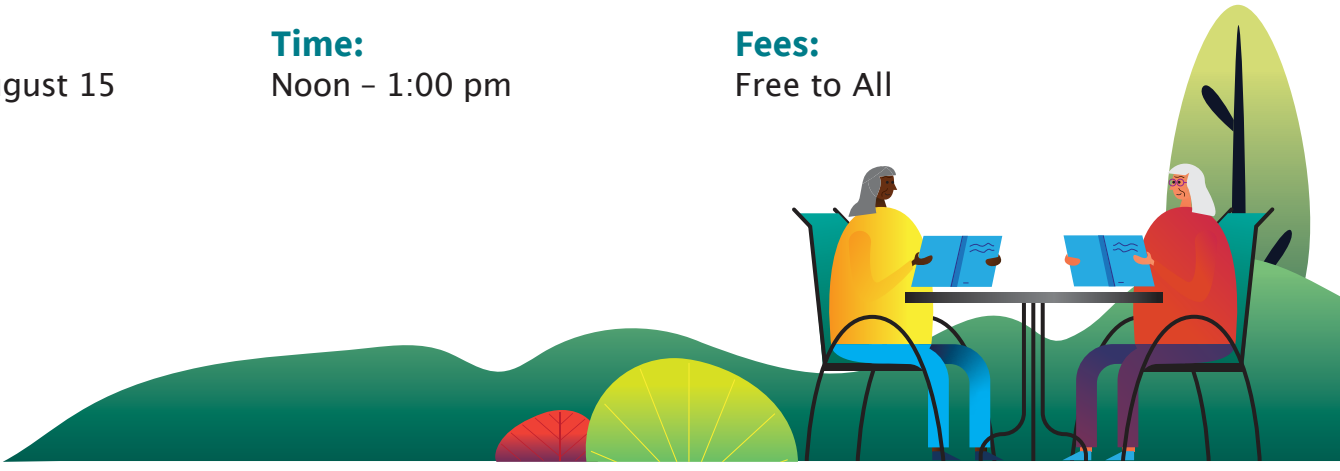
Michelle Obama was an American First Lady and the wife of the 44th President. In her memoir, **Becoming**, she wrote, "Your story is what you have, what you will always have. It is something to own." Michelle Obama's memoir is both a work of deep reflection and mesmerizing storytelling. She tells her full story as she has lived it. Join the Read Well book club as it experiences the world of Michelle Obama as she relives her personal and public triumphs and disappointments. After reading about Mrs. Obama's story, perhaps we will be inspired to share our own.

Facilitator: Sandra Fowlks

Date:
Thursday, August 15

Time:
Noon – 1:00 pm

Fees:
Free to All



Health Panel: Myths & Healthy Aging

Join Dr. Richard Bruno, Michelle Fritsch, Pharm.D., and other holistic health providers for an engaging panel discussion on myths and healthy aging and how to live your best life with vitality and energy!

Date:
Thursday, June 27

Time:
6:00 pm–7:30 pm

Fees:
Free to All

Smart Technology Support

Are you feeling outsmarted by your smart technology devices? Members are in luck! John Hopkins University interns are providing free tech support and instruction and "how to" tips on using these high tech devices. Meet in in the Wise & Well Tech Lounge for these interactive sessions.

Date:
Tuesdays:
May 7, 21, June 4, 18
July 2, 16, August 6, 20

Time:
10:00 am – 11:30 am

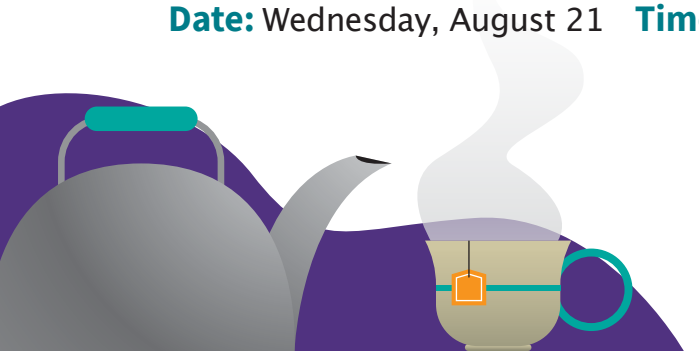
Fees:
Free Members Only Course

Tea For Two

There is nothing better that a spot of tea to ease the mind, spark conversation and create community. We invite you to learn a bit about British hospitality, the art of British tea and teahouses while sampling season ingredients and delicious treats focused on enhancing your wellness. We will pop the kettle on!

Event: Wight Tea Co. Tea Party
Date: Tuesday, June 23 **Time:** 3:30 pm – 5:00 pm **Fees:** Members: Free
Non–Member: $15

Event: Emmai Tea Spot Tea Party
Date: Wednesday, August 21 **Time:** 4:00 pm – 5:30 pm **Fees:** Members: Free
Non–Member: $15



Advance Planning for a Good Life

Program offered in partnership with AIM

Advance Care Planning is a way to communicate what matters to you when it comes to your final wishes, and how your loved ones can respect and carry out those wishes. This workshop will guide you in understanding what stops us from planning, how to start this important conversation with family, caregivers or others, and some next steps in making a difficult process a little easier.

Date:	Time:	Fees:
Tuesday, May 14	10:00 am – 11:30 am	Free to All
Wednesday, June 12	1:30 pm – 3:00 pm	
Tuesday, July 16	6:00 pm – 7:30 pm	

Care for the Caregiver

Program offered in partnership with AIM

When loved ones need our care, we often neglect to take care of ourselves. How can you get the relief you need so you can avoid burnout? How can you ensure you have a life outside the stress and strain of caregiving? Learn techniques—from humor, to deep breathing, to managing PTSD—that will keep your mental and physical health on track.

Date:	Time:	Fees:
Thursday, May 23	1:30 pm – 3:00 pm	Free to All
Thursday, July 25	1:30 pm – 3:00 pm	

Family Communication

Strong families have open lines of communication—where all members feel heard and respected. But what happens when disagreements or conflicts arise? All families have conflict: it's a natural part of human relationships. How do we communicate through these difficult situations? Do we tear each other down? Stop talking? Say, I'm sorry? Join Erika Sorg from the Baltimore Community Mediation Center for some healthy conversation on effective communication and listening and how to manage conflict and learn about the Mediation Center Support Services available to help get a resolution.

Date:	Time:	Fees:
Tuesday, June 4	10:30 am – Noon	Member: Free
Thursday, August 8	5:30 pm – 6:30 pm	Non-Member: Free

Managing Your Personal Health Conditions

Do you get tired easily? Have shortness of breath or experience less physical strength or endurance than you once did? Does pain prevent you from getting a good night's rest? Do you snack throughout the day and still feel hungry? Do you get stressed, frustrated or angry because your health prevents you from doing the activities you enjoy?

Our Wise & Well Coaches can provide you the tools to positively manage your health so you can live well, age well and be well, and get back to living your (best) life!

Register or inquire today for any of these evidence-based self-management health courses, which will empower you as you manage real day-to-day health issues and have better outcomes for your well-being.

Lunch & Learn Book Signing with author, Charita Cole Brown

Join us for lunch and book signing as Charita Cole Brown shares highlights of her award winning memoir, Defying the Verdict: My Bipolar Life. "Defying the Verdict is a wonderful book: deeply human, full of life's joys and suffering. Full of the author's courage and faith. Charita describes her bipolar illness in telling detail; her writing is powerful and eloquent. I highly recommend this book."
Kay Redfield Jamison, Author of An Unquiet Mind

Date:
Thursday, May 2

Time:
11:30 am – 1:00 pm

Fees:
Free to All

Your Health and You!

Join Dr. Santiago Nevarez, ND, LAc, Clinical Director of the Whole Systems Health Clinic as he shares educational information on various topics that can support you on your journey for better health and well-being. Register today to learn more about this holistic approach for improved health and vitality!

Lunch & Learn Topic: Blood Sugars: How They Influence Mood, Energy and Overall Health
Date: Tuesday, June 18 **Time:** 11:00 am – 12:30 pm **Fees:** Members: Free
Non-Member: $10

Topic: A Holistic Approach to Hormone Health
Date: Wednesday, July 10 **Time:** 3:00 pm – 4:00 pm **Fees:** Free to All

Topic: Spicing Up Your Life: The Health Benefits of Spices with Karen Wright, Nutrition Coach
Date: Thursday, August 1 **Time:** 2:30 pm – 4:00 pm **Fees:** Free to All

Living Healthy with High Blood Pressure

This single-session interactive workshop uses peer-lead format as you engage in activities that help you understand What Is High Blood Pressure? You'll talk about blood pressure numbers, where salt hides in foods and about home monitoring tips. Register today for one of these workshops. Call for more information and to register.

Date:	Time:
Tuesday, July 23	10:00 am – Noon
Monday, August 12	10:30 am – 12:30 pm

Signature Aromatherapy Meditation

Join Heidi Chesla, Aroma therapist, for a soothing sensory experience that will enhance your mindfulness for deeper meditation practice. Heidi will share how essential oils can support you on your wellness journey. She will provide two workshops. The first one will focus on clarity and the techniques to pause and clear the mind, respond instead of react. The second workshop will focus on positivity and meditation to build positive emotions for a stimulating environment. Register today to learn more

Topic: Clarity
Date: Tuesday, July 9 **Time:** 11:00 am – Noon **Fees:** Members: $10
Non-Members: $20

Topic: Positivity
Date: Tuesday, August 7 **Time:** 11:00 am – Noon **Fees:** Members: $10
Non-Members: $20

Living Well with Chronic Pain

Does your pain limit your ability to do the activities you enjoy? Does it cause you poor sleep, fatigue and emotional stress? You understand your pain is real and you live with it every day. You understand its impact on your life and emotions. Join our coaches as they lead this interactive course that will provide you with behavioral tools that will enable you to better manage this condition so you can become more involved in your life. Learn gentle movements that will help improve flexibility and endurance that will help you gain control over your pain. Six-week course series. **Call for information and to register today!**

Date:
Thursdays:
May 9, 16, 23, 30, June 6, 13

Time:
10:00 am – 12:30 pm

Walk with Ease

Do you experience stiff joints from arthritis or discomfort due to inflammation? Do you wish you could begin walking with friends, but just can't keep up with their robust pace? Walk with Ease is a gentle walking program for those just starting out, where you can move and walk at a slower more comfortable pace. Workbook with exercises included. **Call for more information and to register.**

Date:
Mondays & Wednesdays:
June 3, 5, 10, 12, 17, 19, 24, 26
July 1, 3, 8, 10

Time:
11:15 am – 12:45 pm

Joy of You

This interactive diabetes self-management support mini-series is designed specifically for women who have Type 2 diabetes and their family members. This workshop series will provide you the tools to eat healthier, to move more, to manage stress and understand your emotions so you can more effectively manage your diabetes and continue to do the activities you enjoy and live your best life! Call for more information and to register today!

Date:
Wednesdays:
June 12, 19, 26,
July 3, 10, 17

Time:
4:30 pm – 6:00 pm

Fees:
Member: $25
Non-Member: $45

"IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DO NOT STOP."
JOURNEY

Stepping Up Your Nutrition

(A Living Well Center for Excellence and Maryland Department of Aging curriculum)

This single-session course will address how healthy eating, balanced nutrition, getting enough fluids and protein throughout the day can impact your fall risk. Learn more about how healthy eating can improve your overall well-being. Call for more information and to register today!

Date:
Wednesday, July 10
Thursday, August 8

Time:
10:00 am – Noon
1:30 pm – 3:30 pm

Group Acupuncture

Join Laura Sicari, Acupuncturist, as she shares information about the healing power of acupuncture and how this core technique works with the meridians within the body, or life force energy, to restore balance physically and emotionally and helps to alleviate symptoms for specific conditions.

Date:
Wednesdays:
August 7, 21, 28

Time:
12:30 pm – 1:30 pm

Fees:
Member: Free
Non-Member: $30

Stepping On Falls Prevention

(A Wisconsin Institute for Healthy Aging Curriculum)

Have you experienced a slip, trip or fall that has shaken your confidence or left you with the fear of falling, or worse yet, resulted in injury? You understand that a threat of a fall is often a "game changer" for your independence; a barrier to doing the activities you enjoy. This falls prevention course provides opportunities to increase your awareness and reduce your risk for falling. Community experts, physical therapists, vision experts, public safety officers and pharmacists along with your Coach facilitators share tips for what you can do to stay steady on your feet! Increase your strength and balance so you can continue to live well in your community home. Seven-week series.

Date:
Saturdays:
May 4, 11, 18, June 1, 8, 15, 22

Time:
10:30 am – 12:30 pm

Course offered at a satellite location, call for details.

Pharm Talk with Michelle

Members enjoy sitting down with a cup of "joe" and striking up conversation with Michelle on various topics relating to medicine and their body to get all their questions answered. She will chat with about what's on your mind; aging myths, medications and your memory, medical marijuana, stress and most any topic you raise. Also, did you know this pharmacy educator and entrepreneur also is available for personal consultation in the Wise & Well consult suites on select days? For more information contact the Wise & Well Center.

Facilitator: Michelle Fritsch, Pharm.D, BCGP, BCACP

Date:	Time:	Fees:
Wednesday, May 15	2:15 pm – 3:15 pm	Free to All
Wednesday, May 29	1:45 pm – 2:45 pm	
Wednesday, June 5	1:45 pm – 2:45 pm	
Wednesday, June 19	1:45 pm – 2:45 pm	

Welcome to the Wise & Well Fitness Center!

We are here to help YOU achieve your fitness goals! Our experts have over 50 years combined experience helping older adults get and stay active and fit. Our state-of-the-art fitness equipment was selected specifically with your needs and your safety in mind. Whether you are enjoying 25 city and nature scenes on the CyberCycle, making strides on the Arc Trainer or improving your balance with our inclining and declining treadmill, we have something for you!

JumpStart Fitness

This full body workout for the active older person is all about putting the fun back function that is body function! Join Dr. Muslimah Ali, in this low-impact workout to improve cardiovascular endurance, flexibility and balance. All levels welcome. You may register for one or two of the five-week mini-series offered.

Facilitator: Dr. Muslimah Ali, PhD.

Date:	**Time:**	**Fees:**
Thursdays Series #1: May 2, 9, 23, 30, June 6	2:00 pm – 3:00 pm	Member: $25/per series Non-Member: $55/per series
Thursdays Series #2: June 20, 27, July 11, 18, 25	10:30 am – 11:30 am	Member: $25/per series Non-Member: $55/per series

AgeSTRONG

Strength training improves tone, stamina, and balance; while reducing the symptoms of diabetes, osteoporosis and depression. It helps in improving arthritis and aids in falls prevention. Using light hand weights and resistance bands, members will improve muscle tone and strength. No aerobics or floor-work. Exercises may be seated. Hand weights provided.

Facilitator: Dr. Muslimah Ali, PhD.

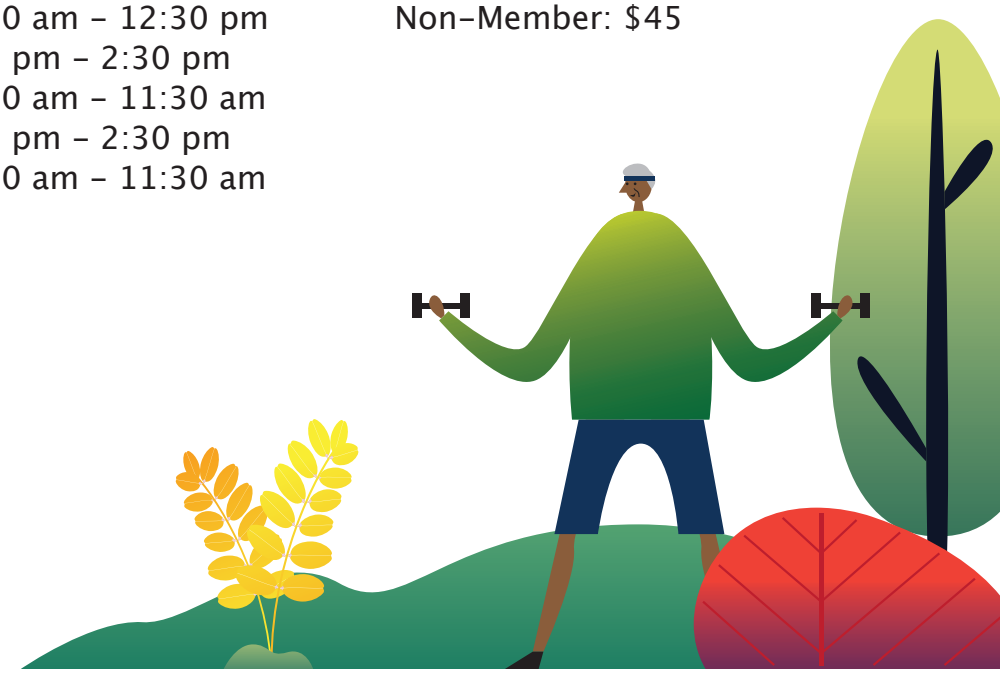
Date:	Time:	Fees:
Mondays Series #1: June 24, July 1, 8, 15, 22	10:00 am – 11:00 am	Member: $25/per series Non-Member: $55/per series

Mystery Fitness

This fitness offering is member choice! With a roll of the dice and the help of some BINGO visual aids, members select which fitness routines the group engages in for the session! This Mystery/BINGO board is complete with a variety of low impact cardio, basic strength training, balance, circuit training stations or flexibility exercises. Jump into the mystery and have some fitness fun!

Facilitator: Dr. Muslimah Ali, PhD.

Date:	Time:	Fees:
Monday, July 22	11:30 am – 12:30 pm	Member: $20
Monday, July 29	11:30 am – 12:30 pm	Non-Member: $45
Monday, August 12	1:30 pm – 2:30 pm	
Thursday, August 15	10:30 am – 11:30 am	
Monday, August 19	1:30 pm – 2:30 pm	
Thursday, August 22	10:30 am – 11:30 am	



Cooking and Conversation

Cooking with Local Celebrity Chefs!

Learn the tricks of the trade from those who know. You'll experience first-hand how our local Chefs prepare their specialty foods, keeping in mind nutrition, cost and, most importantly taste. Learn more about their recipe favorites and sample some lip-smackin' good food! Stay tuned to our website and Facebook to see who will be joining us next! Cost is per date occurrence.

Date:	Time:	Fees:
Tuesday, June 25	11:30 am – 1:00 pm • Lunch	Member:
Tuesday, July 30	6:00 pm – 8:00 pm • Dinner	Lunch $15 or $25 Dinner
Tuesday, August 27	Noon – 1:30 pm • Lunch	Non-Member:
		Lunch $25 or $50 Dinner

Cooking with the Doc!

Join us for Chat & Chew to learn what's good for you and why. Dr Bruno, family medicine practitioner and exceptional cook, will share his favorite healthy recipes while conversing with you about nutrition, exercise, brain food, medicine and the value of our social connections. Watch our website and Facebook page and house TV's for updates on recipes and What's Cookin' with the Doc! Cost is per date occurrence.

Date:	Time:	Fees:
Wednesday, May 29	11:30 am – 1:00 pm	Member: $15
Tuesday, July 9	11:30 am – 1:00 pm	Non-Member: $25
Thursday, August 22	11:30 am – 1:00 pm	

Cooking Right with Coach Karen

Eating well is one of the best ways you can take care of yourself and those who depend on you. Healthy foods give you energy and propel you though your busy day and support your immune system and your mood. Nutrition Coach Karen Wright will share health tips through active participation and live demonstrations! This spring and summer she will provide health focus on thyroid health, allergy relief, spicing up your life for health, demonstrate the value of a nutritious smoothie, and help you to interpret your cravings! She will also surprise you with a fun picnic in the garden! Cost is per date occurrence.

Facilitator: Karen Wright

Date:	Time:	Fees:
Thursday, May 23	2:45 pm – 4:15 pm	Member: $15
Thursday, June 13	10:30 am – Noon	Non-Member: $25
Friday, June 21 Garden Picnic	11:30 am – 1:00 pm	
Thursday, July 18	1:30 pm – 3:00 pm	
Wednesday, August 14	10:30 am – Noon	

Cooking for Kidney Health

How important are your kidneys? How do they function to keep you alive? What are the risks for kidney disease? How does improving your lifestyle prevent chronic kidney conditions? Want to raise your "kidney consciousness" and take steps to keep your kidneys healthy? Register for one or all of these interactive kidney health courses today provided by the Kidney Foundation regional office.

Event: Lunch & Learn
Date: Tuesday, June 11 **Time:** Noon – 1:30 pm **Fees:** Free to All

Event: Cook Smart Demonstration
Date: Tuesday, July 16 **Time:** Noon – 1:30 pm **Fees:** Free to All

Event: Kidney Screening Day
Date: Thursday, August 15 **Time:** Morning **Fees:** Free to All

Move Your Body – Fitness Classes

Tai Chi

Tai Chi improves your balance, lowers your blood pressure, increases your energy level and lowers the risk of falls. Movements are simple and easy to learn. You may register for one or two of the five-week mini-series offered.

Facilitator: Eric Johnson

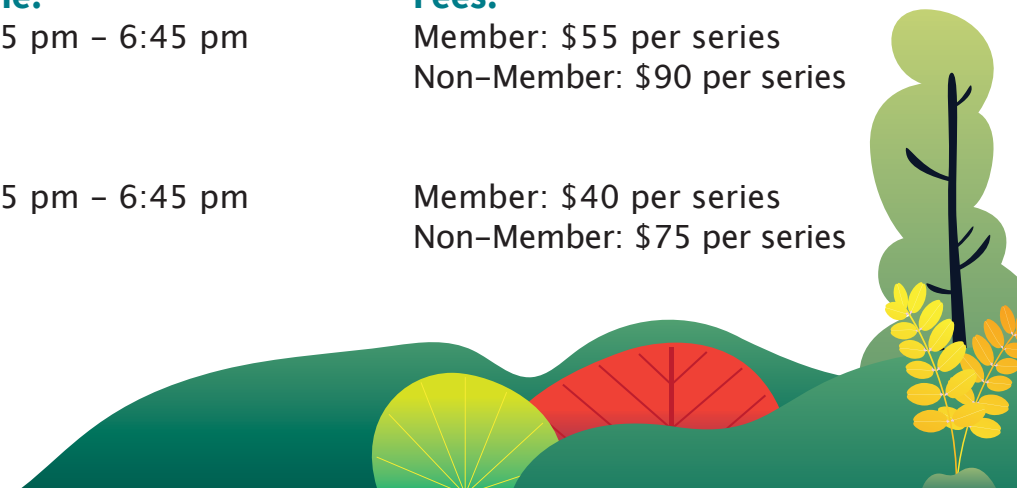
Date:	Time:	Fees:
Tuesdays Series #1: May 7, 14, 21, 28, June 4	1:30 pm – 2:30 pm	Member: $25 per series Non-Member: $42 per series
Tuesdays Series #2: June 11, 18, 25, July 2, 9	1:30 pm – 2:30 pm	Member: $25 per series Non-Member: $42 per series

Mindful Movement

Incorporating yoga and somatic movement, participants re-inhabit the body to create mobility and stability. Learn to move away from old practiced habits of movement to create newfound freedom in the body while calming the nervous system. Members need to be able to get down and up from the floor or the willingness/ability to try. You may register for one or both of the five- week series offered. **Note: Series Two only meets on Tuesdays. Free Try us out on May 2 only!**

Facilitator: Chris Myers

Date:	Time:	Fees:
Tuesdays & Thursdays Series #1: May 7, 9, 14, 16, 21, 23, 28, 30, June 4, 6	5:15 pm – 6:45 pm	Member: $55 per series Non-Member: $90 per series
Tuesdays Only Series #2: June 11, 18, 25, July 2, 9	5:15 pm – 6:45 pm	Member: $40 per series Non-Member: $75 per series



Introduction to MELT & Nia Movement

MELT is an easy self-care technique that uses soft foam rollers and little balls to release tension and stuck stress, support fascial lengthening and rehydration, rebalance the nervous system, decompress joints and improve overall alignment and movement. Nia is a sensory-based movement form that accentuates joy and pleasure. Move in your body's way to soul-stirring music. Combining nine movement forms, including dance, martial arts, and healing arts, Nia is a great workout for body and spirit for everyone and every body type.

Facilitator: Amy Taliaferro

Date:	Time:	Fees:
Monday, June 3	10:00 am – 11:00 am	Member: Free
Monday June 10	11:30 am – 12:30 pm	Non-Member: $30
Monday, July 1	10:00 am – 11:00 am	
Monday, July 8	11:30 am – 12:30 pm	

Chair Yoga

Yoga means union! In chair yoga members will practice uniting movement, breathing and meditation without the need for moving up and down from the floor to a seated or standing position. Yoga promotes balance, flexibility and relaxation mentally and physically. All levels are welcome! You may register for one or two of the five- week series offered.

Facilitator: Laura Sicari

Date:	Time:	Fees:
Wednesdays Series #1: May 8, 15, 22, 29, June 5	12:30 pm – 1:30 pm	Member: $25 per series Non-Member: $50 per series
Wednesdays Series #2: June 19, 26, July 3, 10, 17	12:30 pm – 1:30 pm	Member: $25 per series Non-Member: $50 per series

Move with Balance

This premier movement course has been proven to reduce falls and benefit most people, at any level of fitness or balance. Every upbeat, engaging session combines exercises designed to gently and thoroughly challenge each aspect of balance: vision, coordination, spatial awareness, flexibility, strength, grounding, reflexes and more…all rolled into fun confidence-building activities that are easily adapted to your particular strengths and needs.

Facilitator: Stephanie Pessin, PT

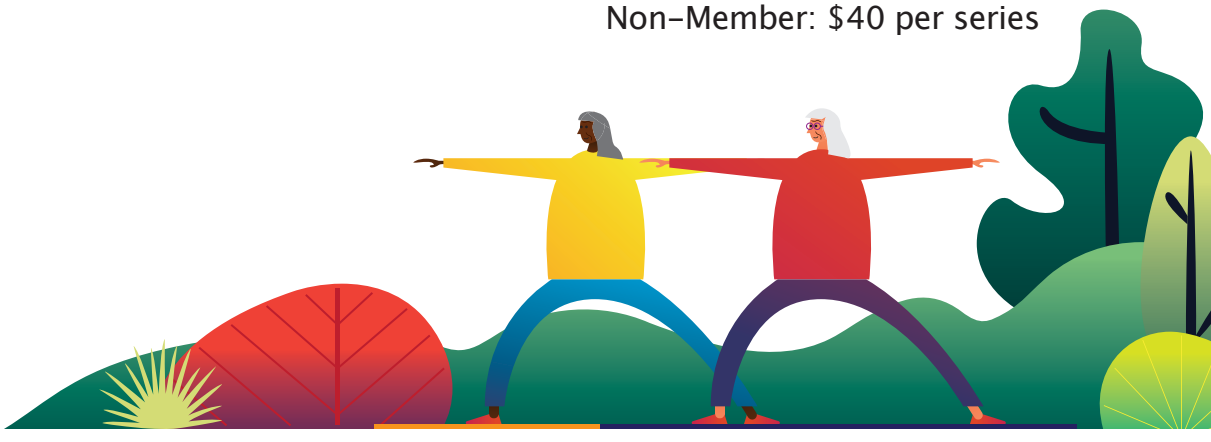
Date:	Time:	Fees:
Fridays Series #1: May 3, 10, 17, 24, 31, June 7, 14	11:00 am – Noon	Member: $35 Non-Member: $60

Vinyasa Yoga

Vinyasa means "to place in a special way." It is a form of yoga that links breath with movement to create a sequence of linked poses, building internal stability and adaptability. Members will be introduced to breath work with seated and standing postures; modifications will be used including blocks, straps and chairs.
All are welcome! Please note that May 3 is a general intro session.

Facilitator: Kayti Gamon, PTA

Date:	Time:	Fees:
Fridays Series #1: May 3, 10, 17, 31, June 7,14, 28, July 5	10:00 am – 11:00 am	Member: Free per series Non-Member: $40 per series
Fridays Series #2: July 12, 19, August 9,16, 23, 30	10:00 am – 11:00 am	Member: Free per series Non-Member: $40 per series



Zumba Gold

This invigorating, community-oriented dance fitness is based on Latin and International dance styles. Think of it as movement with a party atmosphere! Move at your own speed, using dance to improve balance, range of motion and coordination. This is an intermediate level class, all are welcome. Class meets on alternating Fridays.

Facilitator: Wendy Brogden

Date:	Time:	Fees:
Fridays Series #1: June 28, July 5, 19, August 2, 16	11:30 am – 12:30 pm	Member: $25 Non-Member: $50

QiGong

Qigong is a beautiful moving meditation practice similar to Tai Chi. The practice method used for this five-week mini-series introduction is Sheng Zhen, which means Unconditional Love. This mini-series is good for beginners, join us all are welcome!

Facilitator: Pamela Tanton

Date:	Time:	Fees:
Tuesdays Series #1: July 30, August 6, 13, 20, 27	11:00 am – 11:45 am	Member: $15 Non-Member: $50

Move Your Body... Belly Dancing

Want to burn more calories and lose a little around the middle? Want to engage muscles and move your hips like you could back in the day? Well we are stepping back in time and giving our hips a "tune-up." Move our middle a little or a lot! Register today for Belly Dancing and learn some new moves and feel the energy...and the burn! Curious? See you in class!! Fees are per individual date.

Facilitator: Glenna Cush, Shimmy Sista

Date:	Time:	Fees:
Wednesday, May 8	11:00 am – Noon	Member: $5
Wednesday, May 29	2:00 pm – 3:00 pm	Non-Member:$15
Wednesday, June 5	5:30 pm – 6:30 pm	
Wednesday, August 7	4:00 pm – 5:00 pm	

Advanced Yoga

This evening yoga series is for the advanced yoga member. This yoga session will improve flexibility, bone strength, balance and cognitive brain function. Blood pressure can be reduced through stretching, breathing and conditioning. Must be able to get up and down off the floor. Bring a mat and towel.

Facilitator: Winter Shaw

Date:	Time:	Fees:
Tuesdays Series #1: May 7, 14, 21, 28 June 11, 18, 25	5:45 pm – 6:45 pm	Member: $40 Non-Member: $85
Fridays Series #2: May 10, 17, 24, 31 June 14, 21, 28	5:30 pm – 6:30 pm	Member: $40 Non-Member: $85
Tuesdays Series #3: July 2, 9, 16, 23, 30 August 6, 13, 20	5:45 pm – 6:45 pm	Member: $45 Non-Member: $90
Fridays Series #4: July 5, 12, 19, 26 August 2, 9,16, 23	5:30 pm – 6:30 pm	Member: $45 Non-Member: $90

Wise & Well Spring/Summer Calendar

Use this monthly calendar to plan your Spring/Summer schedule with Wise & Well!

Class Key

- Your Wise & Well Journey
- Creative Pathways
- Keswick Signature Brain Series
- All About You
- Managing Your Personal Health Conditions
- Welcome to the Wise & Well Fitness Center!
- Cooking and Conversation
- Move Your Body – Fitness Classes

May 2019

Mon	Tue	Wed	Thu	Fri
		1	2 Lunch & Learn JumpStart Fitness #1 Mindful Movement #0	3 Artful Minds Move with Balance #1 Vinyasa Yoga #1
6 Artful Minds Your Best Life Q-TUG Fall Screening	7 Power Portrait Project Smart Technology Support Tai Chi #1 Mindful Movement #1 Advanced Yoga #1 TED Talk	8 Service Coordination Chair Yoga #1 Belly Dancing	9 Hampden Book Club Living Well With Chronic Pain JumpStart Fitness #1 Mindful Movement #1	10 Artful Minds Brain Blasts Move with Balance #1 Vinyasa Yoga #1 Advanced Yoga #2
13 Artful Minds Garden Club BrainWise 1.0	14 Power Portrait Project Make Preakness Hats Advance Planning Tai Chi #1 Mindful Movement #1 Advanced Yoga #1	15 Pro-Bono Legal Day Pharm Talk Chair Yoga #1	16 Aging Gracefully Living Well With Chronic Pain Mindful Movement #1	17 Artful Minds Ladies Day At The Races Party! Move with Balance #1 Vinyasa Yoga #1 Advanced Yoga #2
20 BrainWise 1.0 Making ART with Sarah	21 Smart Technology Support Tai Chi #1 Mindful Movement #1 Advanced Yoga #1	22 Service Coordination HEALs Chair Yoga #1	23 Care for the Caregiver Living Well With Chronic Pain JumpStart Fitness #1 Cooking Right with Coach Karen Mindful Movement #1	24 Your Best Life Q-TUG Fall Screening Move with Balance #1 Advanced Yoga #2
27 **Memorial Day Wise & Well Center Closed**	28 Power Portrait Project Tai Chi #1 Mindful Movement #1 Advanced Yoga #1	29 Cooking with the Doc! Chair Yoga #1 Belly Dancing Pharm Talk	30 Living Well With Chronic Pain JumpStart Fitness Mindful Movement #1 Arts In The Garden	31 Power Portrait Project Move with Balance #1 Vinyasa Yoga #1 Advanced Yoga #2

June 2019

Mon	Tue	Wed	Thu	Fri
3 Your Best Life Q-TUG Fall Screening BrainWise 1.0 Walk with Ease MELT & Nia Movement	4 Smart Technology Support Family Communication Tai Chi #1 Mindful Movement #1 Power Portrait Project	5 Walk with Ease Pharm Talk Chair Yoga #1 Belly Dancing	6 Living Well With Chronic Pain JumpStart Fitness #1 Mindful Movement #1	7 Move with Balance #1 Vinyasa Yoga #1
10 BrainWise 1.0 Walk with Ease MELT & Nia Movement Making ART with Sarah	11 Cooking for Kidney Health Tai Chi #2 Mindful Movement #2 Advanced Yoga #1	12 Advance Planning Walk with Ease Joy of You Group Acupuncture	13 Service Coordination Living Well With Chronic Pain Cooking Right with Coach Karen Adult Tea Tasting	14 Brain Blasts Move with Balance #1 Advanced Yoga #2 Vinyasa Yoga #1 Making ART with Sarah
17 Mile Marker Check BrainWise 1.0 Walk with Ease	18 Smart Technology Support Your Health and You Tai Chi #2 Mindful Movement #2 Advanced Yoga #1	19 HEALs Walk with Ease Joy of You Pharm Talk Chair Yoga #2	20 Your Best Life Q-TUG Fall Screening Arts In The Garden JumpStart Fitness #2	21 Cooking Right with Coach Karen Advanced Yoga #2
24 BrainWise 1.0 Walk with Ease AgeSTRONG	25 Service Coordination Cooking with Local Celebrity Chefs! Tai Chi #2 Mindful Movement #2 Advanced Yoga #1	26 Tax Credits-MCRC Walk with Ease Joy of You Chair Yoga #2	27 Health Panel JumpStart Fitness #2	28 Vinyasa Yoga #1 Zumba Gold #1 Advanced Yoga #2

July 2019

Mon	Tue	Wed	Thu	Fri
1 BrainWise 1.0 Walk with Ease AgeSTRONG MELT & Nia Movement	2 Smart Technology Support Tai Chi #2 Mindful Movement #2 Advanced Yoga #3 TED Talk	3 Walk with Ease Joy of You Chair Yoga #2	4 **4th of July Wise & Well Center Closed**	5 Your Best Life Q-TUG Fall Screening Vinyasa Yoga #1 Zumba Gold #1 Advanced Yoga #4
8 BrainWise 1.0 Walk with Ease AgeSTRONG MELT & Nia Movement	9 Aromatherapy Meditation Cooking with the Doc! Tai Chi #2 Mindful Movement #2 Advanced Yoga #3	10 Your Health and You Walk with Ease Joy of You Stepping Up Your Nutrition Chair Yoga #2	11 JumpStart Fitness #2 Flower Arranging	12 Service Coordination Dancing Through the Ages Vinyasa Yoga #2 Advanced Yoga #4
15 BrainWise 1.0 AgeSTRONG Mystery Fitness	16 Brain Blasts Smart Technology Support Advance Planning Cooking for Kidney Health Advanced Yoga #3	17 Your Best Life Q-TUG Fall Screening Joy of You Chair Yoga #2	18 Arts In The Garden JumpStart Fitness #2 Cooking Right with Coach Karen Read Well Book Club	19 Puzzle Pals Vinyasa Yoga #2 Zumba Gold #1 Advanced Yoga #4
22 BrainWise 1.0 Mystery Fitness Making ART with Sarah Age Strong	23 Mile Marker Check Tea for Two Living Healthy Mystery Fitness Advanced Yoga #3	24 HEALs	25 Care for the Caregiver JumpStart Fitness #2	26 Service Coordination Advanced Yoga #4
29 Mystery Fitness Making ART with Sarah	30 Cooking with Local Celebrity Chefs! QiGong #1 Advanced Yoga #3	31 What's the Buzzzzz		

August 2019

Mon	Tue	Wed	Thu	Fri
			1 Your Health and You	2 Zumba Gold #1 Advanced Yoga #4 Demo Day
5	6 Your Best Life Q-TUG Fall Screening Smart Technology Support QiGong #1 Advanced Yoga #3	7 Q-TUG Fall Screening Aromatherapy Meditation Group Acupuncture Belly Dancing	8 Service Coordination Family Communication Stepping Up Your Nutrition Flower Arranging	9 Dancing Vinyasa Yoga #2 Advanced Yoga #4
12 Living Healthy Mystery Fitness	13 Ukulele for Beginners QiGong #1 Advanced Yoga #3	14 Mile Marker Check HEALs Cooking Right with Coach Karen	15 Read Well Book Club Mystery Fitness Cooking for Kidney Health Summer Supper In The Garden	16 Vinyasa Yoga #2 Advanced Yoga #4 Zumba Gold #1
19 Mystery Fitness Puzzle Pals	20 Smart Technology Support QiGong #1 Advanced Yoga #3 Open House Day	21 Brain Blasts Tea for Two Group Acupuncture	22 Your Best Life Q-TUG Fall Screening Service Coordination Mystery Fitness Cooking with the Doc!	23 Vinyasa Yoga #2 Advanced Yoga #4 Dancing Through the Ages
26 Travel Journey Day	27 Cooking with Local Celebrity Chefs! QiGong #1 Q-TUG Fall Screening	28 Celebrate Group Acupuncture	29 Arts In The Garden	30 Vinyasa Yoga #2

Wise & Well – A Learning Community

At Keswick Community Health, part of our work is to see what works. That means we measure our progress. How well are we doing? Are we making a difference? Are there positive outcomes? To get there, we ask for your thoughts, we collect health metrics and we follow up again to see if together, we made progress. We never share your personal information without your permission. We use your personal information when we are in discussion with you for your benefit only. We use aggregated data – without any identifiable information – when we evaluate how well we did teaching a class or guiding a group of members through the Wise & Well program.

The Keswick Wise & Well Team

This crew has been intentionally assembled for your journey. You are in good hands.

Your Wise & Well Coaches

Our Team has decades of combined experience in developing and delivering programs, activities and initiatives specifically for older people. They are skilled in advanced motivational interviewing and are trained to view health and well-being from a holistic perspective, recognizing that each person is unique with their own goals, circumstances and interests. Our Wise & Well Coaches are here to partner with you on your journey to achieve your personal level of wellness, at whatever pace works best for you. The Coaches are helping you create your plan of action in a supportive environment that facilitates behavior change. They share strategies and guidance for your wellness journey.

Wise & Well Expert Partners

Our leaders are hand-picked by Keswick Community Health. In addition to our own Wise & Well Team, you will be guided by experts in health promotion who have worked with us for years and who share the Wise & Well vision.

NOTES:

Keswick Community Health
Office of External Relations
700 W. 40th Street
Baltimore, MD 21211