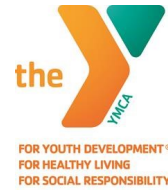


LIFELONG LEARNING



eliminating racism
empowering women
ywca

HEALTH FORUM SERIES 2022

FREE Community Event MARSHALLTOWN YMCA-YWCA

**Dates/Times: Thursday September 1,
October 6, November 3 and December 1
from 11:00 am to 12:00 pm**
**Location: 108 Washington Street
Horne-Henry Center Board Room**

Come to any session that interests you! Everyone is welcome! No Charge—Y membership is not required. Participants may choose to participate in physical activity or simply listen & learn. Questions? Contact Mari at 752-8658 mari.zamora@ymca-ywca.org



Thursday, September 1, 11 am:
**UnityPoint Health Marshalltown
Wound Healing Center**
Program Director Tia Bacon and Certified Hyperbaric Safety Specialist Lindsey Salasek will be present to provide information and education regarding the types of chronic wounds, preventative measures, and treatments offered within our local community including Hyperbaric Oxygen Therapy.

Thursday, October 6, 11 am:
Tai Chi
Tai Chi is a graceful form of exercise consisting of slow and intentional movements. Join Y staff member Janell Dommer for this class that promotes serenity and stress reduction.

Thursday, November 3, 11 am:
**Unlocking Brain Fitness: Keys to
Dementia Prevention**
Y staff member Angie Paxson will lead a short version of this 10-week, evidence-based program offered at they Y. Learn how by making simple lifestyle changes, the risk of dementia can be reduced by up to 70%.

Thursday, December 3, 11 am:
The UpSide of Downsizing
Simplifying your life can help you truly enjoy the second half of your life. Imagine freedom through downsizing with a plan that creates a happier and healthier life balance. Anne Stephens will share with you ideas and insight on downsizing topics, including tackling the emotional challenges of downsizing, staging your home for best results, and more.