

# Save the Dates!

Join us for our **FREE 2012 Educational Series** designed to maximize your health & well-being!

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8	9	10	11
5	6	7	14	15	16	17
12	13	14	21	22	23	24
19	20	21	28	29		
26	27	28				

## February is Heart Month!

Join us February 9 • 10:00 am - 2:00 pm  
as St. Francis Hospital's  
Community Outreach Van is onsite  
to conduct basic heart screens

**BLOOD PRESSURE • CHOLESTEROL • DIABETES**

## March is Nutrition Month!

Join us March 14 • 2:30 - 4:00 pm  
as Dr. William Palumbo and Jenny Starr  
present "Get Your Plate in Shape!"

**FOOD TASTING SPONSORED BY  
MORRISON SENIOR DINING**

March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## April: Know your Veteran's Benefits!

Join us April 26 • 7:00 - 8:30 pm  
as Gary Richard, of the Suffolk County  
Veterans Service Agency  
discusses Aid & Attendance benefits.

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			4	5	6	7
1	2	3	11	12	13	14
8	9	10	18	19	20	21
15	16	17	25	26	27	28
22	23	24				
29	30					

## May is Older American's Month!

Join us May 8 • 7:00 - 8:30 pm  
as Barry Klitzberg from the  
US Dept. of Health & Human Services  
presents a Health Care Reform update  
and its effect on Medicare

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8	9
3	4	5	6	7	14	15
10	11	12	13	14	21	22
17	18	19	20	21	28	29
24	25	26	27	28	29	30

## June: Care for the Caregiver!

Join us June 13 • 7:00 - 8:30 pm  
for "The Awe of The Caregiver:  
Altruism, Positive Psychology  
& Our Place in the Universe"

**Dr. Robert Figlerski of RG Psychological Svcs. PC**