



August 8, 2019

8:30 a.m. – 2:00 p.m.

Elkton High School

110 James Street, Elkton, MD 21921

\$8 Registration Fee
(Lunch is included)

Pre-registration is encouraged! Call Cecil College (410-287-1078, Course SCX100)-20

You may also register in person at:

The Elkton Center, or at the 55+ Healthy Lifestyles Fitness Center
Cecil County Administration Building, 200 Chesapeake Blvd, Elkton MD 21921

or Cecil College @ Elkton Station
107 Railroad Ave, Elkton, MD 21921

Tentative Workshops

Medical Panel Presentation—Current Trends/Topics

~ Union Multi-Specialty Practice staff ~

Dr. Sirin Pandey (Endocrinology), **Dr. Hanhan Li** (Urology)
& **Ms. Brenda McKenzie, NP** (Palliative Care)

Medicare 101

Tai Chi

Line Dancing

4 Driver Safety Programs

Veteran’s Burial Benefits

Back To Basics

Top 10 Dietitian Tips (Cooking Demo)

Vinegar—Borax and Beyond

Time may be a great healer, but it’s a lousy beautician

What is a trust agreement and do I need it?

Travel Itineraries and Travel Money Saving Ideas

Researching Your Family History

Peace of Mind, The Acute Loss Period

The Eight Things Every Caregiver Should be Doing From a Planning Perspective

Planting for Color, Planting for Smell

Brain Health: Nutrition—The Basics

➔ **55+ Volunteer Fair (11:00 a.m.—1:00 p.m.)**



Please note the information above is subject to change,
updates can be viewed at
<http://www.ccgov.org/government/community-services>.



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