

Frederick County Senior Services Division

Virtual 50+ Health & Wellness Programs for July

These programs are in partnership with Frederick Community College's Institute for Learning in Retirement and the Frederick County Division of Parks and Recreation.

The Art of Marriage, Friday, July 17, 1:00-2:30 p.m.

Marriage is a precious gift that must be cared for and nurtured during the course of time. This class provides practical small group insight to assist couples to refresh, retain and restore the beauty of the gift of marriage.

Presenter: Chris Bugher, former Executive Director of the The Marriage Resource Center

Back Injury Prevention & Treatment, Friday, July 24, 1:00-2:30 p.m.

Learn how to care for your spine and avoid episodes of back pain. Learn treatment options for common causes of back pain. *Presenter:* Dr. Carol Hamilton Zehnacker, D.P.T., ("Dr. Z") is a physical therapist with over 30 years of experience, including as director of rehabilitation at Frederick Memorial Hospital, owner of a private practice, & lecturer and consultant to the Arthritis Foundation and the American Running Assoc.

Understanding Behaviors in Dementia, Tuesday, July 28, 6:00-7:30 p.m.

This class will include understanding a person's history as well as important factors and key points that can affect behaviors. Learn strategies and examples for being proactive in your response to behaviors.

Presenter: Thea Uhlig-Ruff, R.N., M.G.A. is retired from an extensive career in the health care industry. She has spoken locally, state-wide and nationally on health related topics specializing in mental health issues and gerontology including dementia care, issues in long term care and hospice care. Ms. Ruff brings a unique perspective, as she has also been a family caregiver for both her parents and her husband of 25 years.

Stress Management, Wednesday, July 8, 5:30-7:00 p.m.

Become more aware of the dangers of chronic stress to one's physical and mental health. Learn how lifestyle factors (relationships, exercise, diet, etc.) contribute to chronic stress. Learn a variety of stress management techniques to implement in your daily life to reduce your daily stress.

Vibrant Sexuality in Middle & Late Adulthood: Achieve It!, Wednesday, July 22, 5:30-7:00 p.m.

This course provides the latest empirical research findings from the most well respected human sexuality researchers in an attempt to challenge the common misconceptions that middle-aged and older adults experience a sharp decline in both their desire for sex and their ability to engage in it. It also explores and identifies legitimate biological and psychological problems related to the aging process, which can sometimes impact an individual's or a couple's sexual performance.

Gender Differences in Heart Disease, Wednesday, July 29, 5:30-7:00 p.m.

Learn the major differences that exist between women and men who have heart disease, including risk factors for developing it and different symptomologies. The differences can directly affect the types of medical diagnostic tests and treatment approaches they require. Finally, early detection and prevention strategies focusing primarily on lifestyle behaviors will be emphasized as the goal of both men and women.

Presenter: Terry Leitma has a master's degree in Human Development Education from the University of Maryland. She also completed all of the necessary coursework toward her Ph.D. in Health Education at UMD. She considers herself to be a passionate and dedicated psychologist/health educator who wants to motivate and empower people to have the highest quality of health (both mental and physical) as they age.

To register for any of these programs, please email: VirtualSeniorCenter@FrederickCountyMD.gov

Register at least **two business days** before the program.

Please include Your Name, Email Address, Phone Number, Program(s) Name