



**BRIDGES GROUP IS OFFERING HEALTH CLASSES  
FOR SENIOR CITIZENS.  
CLASSES ARE FREE AND OPEN TO THE COMMUNITY.**

**WHEN:**

4TH MONDAY OF THE MONTH

**TIME:**

1:00 P.M.

**CLASS DURATION:**

ONE HOUR

**WHERE:**

LIVING WORD'S FELLOWSHIP HALL

**INSTRUCTOR:**

ANNA SIDES, R.N.

**SUMMARY OF CLASSES:**

**2009**

**August 24**

Memory Loss, Exercising Your Brain For  
Better Function

**September 28**

First Aid Including Defibrulator

**October 26**

Seasonal Depression

**November 23**

Mixing Medications

**December 28**

Living Healthily Life Style With  
Type 2 Diabetes

**2010**

**January 25**

Exercise, Moving To The Beat Of Life  
(Includes Parkinson's & Arthritis)

**February 22**

Becoming Heart Healthy

**March 22**

Putting Your Best Foot Forward

**April 26**

Sleeping On It, Sweet Dreams For  
Better Health



17315 Manchester Road  
Wildwood, MO 63038  
636-821-2800  
[www.livingwordumc.org](http://www.livingwordumc.org)