

50Plus 2008 Calendar: FREE OFFERINGS

REGISTRATION IS REQUIRED FOR ALL PROGRAMS & CLASSES

January

January 9th—5:30-6:30 pm @ Lourdes Wellness Center
Healthy Family Nutrition with Debbie Jankowski, M.Ed., CHES
Explore heart-healthy meals, grocery shopping smarts, low-fat cooking & special occasion eating.

January 10th—1:00-2:00 pm @LIWC-Burlington County
Chair Yoga with Nancy Wahl, CYT, RYT
Learn awareness techniques, yoga breathing, seated postures, modifications & deep relaxation without leaving your chair.

February

February 4th—10:00-11:00 am @Lourdes Wellness Center
Stretch & Relax with Melanie Linton, BS, AAASI, ISMA
Lightly stretch your muscles. This session will be conducted on the floor. Wear comfortable clothes and bring exercise mat/towel.

February 13th—10:00-11:00 am or 5:30-6:30 pm @ Lourdes Wellness Center
Introduction to T'ai Chi with John Armstrong, LPT, MBA
Slow, flowing, meditative movements that massage the internal organs, improve strength, agility, increase coordination, flexibility & balance, reduce stress and help you relax.

February 14th—4:15-5:15 pm or 5:30-6:30 pm @Lourdes Wellness Center
T'ai Chi with Morris Siegel, RN, MA, CHy

February 19th—5:30-6:30 pm @LIWC-Burlington County
T'ai Chi with Jim Eastwick

March

March 18th—7:30-9:00 pm @Lourdes Wellness Center
Introduction to Acupuncture with Caiping Lin, Lic.Ac. Dilp.
Learn how acupuncture and herbs are used to manage depression and insomnia.

March 25th—12-1 pm @LIWC-Burlington County
Intro. to Acupuncture with Sheri McLellan-Krauss, Lic.Ac., M.Ac.

March 31st—7:30-9:00 pm @Lourdes Wellness Center
Intro. to Acupuncture with Sheri McLellan-Krauss, LicAc., M.Ac.

April

April 3rd—9:00 am-11:00 am @Lourdes Wellness Center
Annual Foot Screening with Mandi F. Stranix, DPM

April 3rd—3:00-4:30 pm or 7:30-9:00 pm @Lourdes Wellness Center
The Art of Knowing with Bonnie Rowan, Art Therapist
Explore the use of art as a spiritual and life process. Art materials will be supplied. Dress in comfortable clothes.

April Continued...

April 10th—2:00-4:00 pm @Lourdes Wellness Center
Introduction to Art Journaling with Marianne Hieb, RSM
No art experience necessary. Supplies will be provided.

April 10th—7:00-8:00 pm @LIWC-Burlington County
21st Century Breast Cancer Diagnosis & Treatment with Lynn Lutwin, MA, RN, OCN
Information on different types of breast cancer, signs, symptoms, prevention, detection and staging, treatment options will be presented including: surgery, radiation therapy, systemic therapy, chemotherapy and hormonal treatment. Q & A will follow.

April 16th—5:30-6:30 pm @Lourdes Wellness Center
Advanced Directives and Living Wills with Marie Morrissey
Learn practical aspects of planning future healthcare needs so that in an emergency, your directions will be followed.

April 17th—7:00-8:30 pm @Lourdes Wellness Center
Neurotransmitters with Ronald Ciccone, MD
When chemicals called neurotransmitters are unbalanced, anxiety, depression, ADHD, weight gain & other problems occur. Natural amino acid neurotransmitter precursors can be used instead of prescriptions to correct imbalances.

April 22nd—12:00-1:00 pm @LIWC-Burlington County
Intro. to Acupuncture with Sheri McLellan-Krauss, Lic.Ac., M.A.c.

April 22nd—7:30-9:00 pm @Lourdes Wellness Center
Acupuncture for Women's Health with Caiping Lin, Lic.Ac.
Explore how acupuncture & traditional Chinese medicine can assist women with infertility, menopause & menstrual problems.

April 28th—7:00-8:30 pm @Lourdes Wellness Center
Intro. to Cosmetic Acupuncture with Sheri McLellan-Krauss, LicAc., M.A.c.

May

May 1st—9:00-11:00 am @Lourdes Wellness Center
Annual Skin Cancer Screening with Loren Burns, MD

May 5th—4:15-5:15 pm or 5:30-6:30 pm @Lourdes Wellness Center
T'ai Chi Chuan with Morris Siegel, RN, MA, CHy

May 6th—12:00-1:00 pm @ LIWC-Burlington County
Acupuncture for Back Pain with Sheri McLellan-Krauss, Lic.Ac., M.A.c.

May 21st—10:00-11:00 am @Lourdes Wellness Center
Intro. to Tai Chi / Movement for Seniors with John Armstrong, LPT, MBA

Lourdes Wellness Center, 900 Haddon Avenue, Suite 100, Collingswood, NJ 08108
Lourdes Integrative Wellness Center of Burlington County (LIWC), 45B Homestead Road, Columbus, NJ 08022

www.lourdeswellnesscenter.org

LOURDES 50Plus CLUB

Our Lady of Lourdes Medical Center
1600 Haddon Avenue
Camden, NJ 08103

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LOURDES 50Plus CLUB

Sponsored By Our Lady of Lourdes Health System, A Ministry of the Franciscan Sisters of Allegany, NY



50Plus Club

Member Benefits Include:

- \$5.00 Off All Spa & Massage Services
- \$5.00 Off A Wellness Series
- Free Blood Pressure & Diabetes Screenings
- Free Health & Wellness Programs
- Free Educational Programs
- And More...

ONGOING PROGRAMS

Free Blood Pressure and Glucose Screenings

9:00-11:00 am 2nd Wednesday of every month
at Our Lady of Lourdes Medical Center, Camden

9:30-11:30 am 2nd Tuesday of every month
at Lourdes Integrative Wellness Center, 45 Homestead Drive, Columbus

Coming Soon: Annual Prostate Cancer Screening



LOURDES WELLNESS CENTER

1-888-LOURDES