

nextshift

a place for those who care



TUESDAY NIGHT LIVE

A workshop series for caregivers covering the areas of education/skill building, creative expression, social engagement and emotional support.

LIVING HEALTHY LIFESTYLES

Tuesdays: May 7, 14, 21 & 28 | Time: 6:00pm - 7:30pm

Hannan Center

4750 Woodward Avenue, Detroit, MI 48201

- * Free On-Site Parking Available
- * Light refreshments will be offered

As caregivers, we often focus on the health of our loved ones significantly more than we do on our own. During this series speakers will provide tips on how we can age well and enhance longevity and well-being.

WORKSHOP TOPICS

- ▲ **May 7:** Dr. Akua Woolbright of the Whole Cities Foundation will discuss her Four Pillars to Healthy Eating.
- ▲ **May 14:** Introduction to Meditation and Mindfulness as well as some discussion on aromatherapy.
- ▲ **May 21:** DMC will join us to talk about their Riverwalkers program for adults 55+.
- ▲ **May 28:** Hannan Rocks. A relaxing evening painting rocks which will be distributed by participants throughout the city and suburbs, or wherever they choose, to be "found".

\$8/workshop or \$30/series

SPACE IS LIMITED; please register soon by calling 313.833.1210 or email Annie Lepkowski at alepkowski@hannan.org

www.nextshiftdetroit.com | facebook.com/groups/nextshift