

Improving Health & Wellness as We Age

Bridges to HOPE presents

"Self-Care Seminar"

Join us on
Wednesday, March 14, 2018
11:00 a.m.- 1:00 p.m.
Conner Creek Health Center
4777 East Outer Drive
Detroit, MI 48234

**FOR REGISTRATION AND AUTOMATIC RAFFLE ENTRY
PLEASE CALL 313-369-5600 BY MARCH 9, 2018**



Event Attractions

- Blood Pressure Screenings
- Exercise Demos
- Senior Housing Resources
- Light Refreshments Served

Guest Speakers

- Nancy JW Lewis, PharmD, MPH - "Prescription labels: hard to read, even harder to understand"
- Audra Frye, Director of Sales and Marketing - Presbyterian Villages of Michigan

Special thank you to our supporters

Blue Cross Blue Shield of Michigan Foundation, Detroit Area Agency on Aging, Wrigley's Pharmacy, Lawrence Tech University, Michigan Society of Community Pharmacists, Omni Continuing Care, St. John Providence Senior Wellness, St. John Providence Open Arms and Infant Mortality Program, Community Health Awareness Group

St. John Providence is part of Ascension. Together, we are dedicated to providing compassionate, personalized care in our community.

