

THE CLUB AT PRESCOTT LAKES

2019 HEALTH & WELLNESS SEMINARS

January

Weight Loss, Wellness & Nutrition

Fall in love with food again.

Presented by Member Vikki Jones, MS, CWC, CPT

Thursday, January 17 at 1pm

New Year Detox and Feel Amazing

Presented by Dr. Cheryl Hamilton

Tuesday, January 22 at 5pm

February

CPR/AED CERTIFICATION

Taught by Central Yavapai Fire Staff

Friday, February 8, 2019

9 am to 12pm or 1pm to 4pm \$50 fee

Back and Spine Health

Presented by Dr. Rizzolo

Thursday, February 21 at 6pm

March

Medication and it's Effect on Balance

Presented by Dr. Kimduy (Steve) Nguyen

Tuesday, March 19 at 6pm

March

Fraud Prevention...Arming you with tools to fight back against fraud.

Presented by AARP Volunteers

Thursday, March 28 at 1:30pm

April

Better Hearing

Presented by Doug Dunker

Wednesday, April 17 at 6pm

May

Healthy Pets

Presented by Dr. Hufford, DVM

Tuesday, May 21 at 6pm

June

The Aging Eye...Current Advances in Treatment

Presented by Byron Tabbut, MD

Wednesday, June 19 at 6pm

July

Stroke Awareness...Stroke prevention, signs and symptoms of a stroke, and the road to recovery if you have a stroke

Presented by Erin Aafedt, M.A. C.C.C. S.L.P.

Thursday, July 25 at 2pm

August

Learning Mindfulness

Presented by Kathy Daniels MA, LMHC

Monday, August 19 at 1pm

September

Living With Diabetes

Presented by Andrea Klein

Wednesday, September 25 at 6pm

October

Weaponless Self Defense for Women

Presented by Mike Rothmiller

Friday, October 25 at 1:30pm

Wellness Seminars and Educational Workshop speakers present health, wellness and educational topics which are current in the industry.

The Club At Prescott Lakes does not endorse or condone any particular speaker, service, doctor or therapist.