The Inaugural **Healthy Aging Workshop Series**

**Summer/Fall 2013 Series**

Monthly series of experiential workshops for adults age 60 and older who are eager to learn about holistic options to promote optimal aging.

Each program will be from 6 to 8 p.m. and includes healthy refreshments. The programs will be held at Summa Akron City Hospital. Feel free to come to just one session, multiple sessions or all of them! It's **FREE!**

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**Wednesday, June 12, 2013: Maximum Memory Fitness**  
**Instructor:** Paula E. Hartman Stein, Ph.D., is a clinical psychologist, Associate Professor of Psychiatry, Northeast Ohio Medical University and co-editor of “Enhancing Cognitive Fitness in Adults.”

Through this interactive class Dr. Stein will present strategies for enhancing overall cognitive functioning and promoting brain health. Techniques will be demonstrated to improve attention and memory skills based on current research evidence. Topics include strategies to learn names, encode new information and use external reminders, internal memory techniques, prospective memory strategies as well as a method to reduce the frequency of repetitive questions of memory-impaired loved ones. This program is designed for adults with age related memory changes and older adults with mild cognitive impairment.

**Wednesday, July 10, 2013: An introduction to QIGONG and Tai Chi... Working with our Life Force**  
**Instructor:** Nancy Gardner, LMT, APP, is a certified Tai Chi and Qigong Instructor, Licensed Massage Therapist and Applied Polarity Practitioner.

Qigong and Tai Chi, components of Complementary and Alternative Medicine (CAM), are applications of the science of cultivating our Life Force through specific physical movements and mindful breathing practices. These disciplines can help practitioners improve health, calm the mind and condition the body. In this experiential workshop participants will gain a better understanding of Qigong and Tai Chi - what they are and some of their applications as well as practice exercises and develop proficiency in a specific Qigong technique.

**Wednesday, August 14, 2013: Poetry as Medicine for the Soul**  
**Instructor:** David Hassler, MFA, is the Director of the Wick Poetry Center, Kent State University, an award-winning author and poet, who was named Ohio Poet of the Year 2006 from his work, Red Kimono, Yellow Barn.

David will read poems by older adults in this area who have participated in the Wick Outreach program and will talk about how poetry can be used to deepen our conversations with each other and ourselves. He will also lead an interactive writing activity to encourage participants to explore their own stories and life experiences through poetry.
Wednesday, September 11, 2013: Spiritually Embracing your Own Wisdom Years

Instructor: Father Norm Douglas is the Executive director of Heart to Heart Communications, part time campus minister at the University of Akron and co-author of, “How in the World Do We Make a Difference? Getting to the Heart and Soul of Love and Work.”

Father Douglas will lead an interactive session to look at how the various components of a vital spirituality can be a foundation for a meaningful and purposeful way of living and loving after 60, a good opportunity to take spirituality more seriously.

Wednesday, October 9, 2013: Ancient Medicine for The Modern World: Energy Medicine, Acupuncture and the Role of Nutritional Supplements

Instructor: Paula Pennington, R.N., is a licensed acupuncturist with training in energy medicine and nutritional supplements. Also, she is a former critical care and surgical nurse and member of the open heart surgical team at Summa.

This workshop will provide a brief overview of the principles of acupuncture, including demonstrations of how energy can influence the functioning of the body. Paula will explore how acupuncture can complement modern treatments of common health concerns as the body ages. She will also provide general information about nutritional supplementation and the importance of choosing quality supplements.

Wednesday, November 13, 2013: Reflective Writing for Improving How you Feel and How Well you Remember

Instructor: Paula Hartman-Stein, Ph.D., is a psychologist, columnist for The National Psychologist, published poet and author of the chapter, “Creative Writing groups: A promising avenue for enhancing working memory and emotional well-being.”

Expressive writing can help improve working memory because it can reduce intrusive and avoidant thinking about stressful experiences, thus freeing up working memory resources. This workshop is for anyone who wants to explore how reflective writing can produce personal insights and promote a sense of well-being. No former writing experience is needed to benefit from this experiential workshop. Bring a pen, a notebook and an open, inquisitive mind.

These workshops are sponsored by Summa’s Institute for Seniors and Post Acute Care.

Location
Programs will be held at Summa Akron City Hospital. Individual class locations will be available when you register.

Map and Parking
Attendees are encouraged to park in the Professional Center South garage, located at 55 Arch Street.

Register at www.summahealth.org/HealthyAgingWorkshop or (800) 237-8662