

2011-2012



Life Enrichment Senior Series
is
Making Our Retirement Exceptional!

Pre-Registration is required for the November 8 Caregiver's Conference. No pre-registration is needed for other dates.

**Emotional
Wellness**

TUESDAY, November 8, 9:00-12:00 a.m. 7th Annual Caregiver's Conference. Family caregivers as well as Professionals will benefit from this event. Topics include Understanding the Difference Between Alzheimer's disease and dementia; and "Something In My Pocket"— exploring activities to help people with dementia experience life.
SPECIAL NOTE: This presentation will take place at Willow Ridge Golf Club, 1788 Madison Avenue, Fort Dodge. Space is limited and pre-registration is required. More information is available by calling 800.543.3280 (Elderbridge), or 800.272.3900 (Alzheimer's Association).

**Social
Wellness**

Wednesday, December 14, 2011 2p.m. Sounds of the Season. Kick off the holidays with this concert with the music students from St. Edmond High School. Invite a friend and join Less Is More for a holiday event that is sure to put a smile on your face!

**Vocational
Wellness**

Wednesday, January 11, 2012, 2 p.m. For The Love of Cooking! Chef Michael Hirst, ICCA. Chef Michael is a crowd favorite and will share how cooking inspires him. Through Culinary Arts, Chef Michael has an opportunity to teach others how to achieve vocational wellness through doing something they love. His career has offered him the opportunity to travel and meet a variety of people who enjoy exploring opportunities for food and friendship as a route to wellness.

**Spiritual
Wellness**

Wednesday, February 8, 2012, 2 p.m. Steve Roe, Beacon of Hope Men's Shelter. The Beacon of Hope reaches out to men who are homeless, hungry and/or in need of hope. By demonstrating the Grace of Christ through food, shelter, clothing and the Word of God, the shelter provides a healing ministry to those who enter as well as serve there. Join us to learn more about this important local ministry.

**Intellectual
Wellness**

Wednesday, March 7, 2012, 2 p.m. Remember When? Join Less Is More for an inter-active event to challenge the audience in a game of senior citizen trivial pursuit. Participants will have the opportunity to remember things from "yesteryear" in an event designed to keep your mind active and encourage memories of the past. Special guests and other surprises planned.

**Physical
Wellness**

Wednesday, April 11, 2012, 2 p.m. How To Stay Young For The First 100 Years. Dr. Josh Mason, D.C. A Fort Dodge native, Dr. Mason will present information on how to avoid and prevent spinal disorders so you may enjoy your extended life. Information on everyday nutritional needs will also be offered.

All programs (except Nov. 8th) will be held in the Celebration Center on the Friendship Haven Campus. If you have any questions or need directions to the campus, please call 573-6000 or go to www.friendshiphaven.org.

Less Is More is open to everyone. You don't need to be a resident of the Friendship Haven community to join us. Bring a friend and explore the six elements of wellness.

