



# Healthy Aging Program

## "Better Choices, Better Health"

*Facilitated by Kim Kritzer, RN, BSN, Christ Presbyterian Church Member  
and Jane Schmitz, Director of Pastoral Care, Pax Christi Catholic Community*

**Do aches and pains limit your activities?  
Does fatigue limit your socialization?  
Are you taking over-the-counter or prescription medications?  
Do you want to set some goals for improving your health?**

If you answered yes to any of these questions and you are age 60 or older, join us for this 6-week program developed by researchers at Stanford University.

**When:** Thursdays, May 31st through July 12th  
10 a.m. - Noon (No class on July 5<sup>th</sup>)

**Where:** Christ Presbyterian Church  
6901 Normandale Rd., Edina, MN 55435  
Room 20



**Cost:** No Charge to Participants - **Registration is Required!**

This program is brought to you through an ARRA Grant and facilitated by The Normandale Center for Healing & Wholeness.

This course increases confidence and skills in managing care for yourself. It is designed to build skills in identifying issues, setting goals, solving problems, communicating, working with health care providers, and finding out where to go for more information. Our volunteers have gone through more than 24 hours of training and preparation with the MN Department of Health.

**Register by contacting Mary Allen at 952-920-8515 ext.243. If you have specific questions about the program, call Kim Kritzer at 952-929-1697 ext. 27**

Seating is limited so please register as soon as possible. If transportation is a concern, please let us know by May 14th so that we can assist you.