

My Health Matters Meetings

Every Monday evening ~ 6:30 - 7:30 P.M.



A time of support and education in a fun and safe environment with guest speakers and discussion.

UPCOMING SCHEDULE



May 6, 2024

Lifestyle Medicine Focus Group
Kristen Neises, APRN, FNP-C, DipACLM



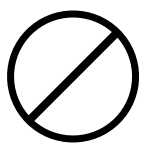
May 13, 2024

Recognizing Older Adults Who Inspire Us:
The Optimal Aging Gold Standard Award
Jane Thibault, PhD
Retired Gerontology Faculty at UofL



May 20, 2024

Aging Abound
Mona Huff
Community Health Specialist



May 27, 2024

Happy Memorial Day!
No Meeting

CONTACT US

Ramona Huff, Community Health
Education Coordinator
Call: (502)-706-0098
Email: ramona.huff@louisville.edu

HOW TO JOIN



Scan the QR code or visit
tinyurl.com/v9kcyrc