

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



April 1, 2024

Fresh Matters: Hints On Gardening

Bethany Pratt, MS
Senior Extension Associate
KY Nutrition Education Program



April 8, 2024

Supporting Brain Health Through Everyday Engagement

Celeste Roberts, MS, OTRL
Research Program Manger
Sanders-Brown Center on Aging, UK



April 15, 2024

The Connection Between Caring for Older Adults and Compassion Fatigue

Tina Johnson, MSSW, MOA, MA, DSW
UofL Trager Institute/Optimal Aging Clinic



April 22, 2024

Oral Health Matters: The Connection Between Oral Health and Well-Being

Lavina Myers, RDH, MPH
Associate Professor
UofL School of Dentistry



April 29, 2024

Socialization Matters: Let's Talk
Open Conversation

CONTACT US

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HOW TO JOIN



Scan the QR code or visit
tinyurl.com/v9kcyrc