

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



July 1, 2024

Cooking for Health: Tasty Treats That Make You Feel Great!

Kristen Neises, APRN, FNP-C, Dip ACLM
UofL Trager Institute



July 8, 2024

Making Memories and a Place For Them

Sam Cotton, MSSW, PhD
Assistant Professor, UofL Department of Family and Geriatric Medicine



July 15, 2024

Unlocking Knowledge: A Trivia Adventure

Chelsea Miceli, MSSW
UofL Trager Institute



July 22, 2024

Washington DC Tour

Christian Furman, MD, MSPH, AGSF
Medical Director
UofL Trager Institute/Optimal Aging Clinic



July 29, 2024

ONE TO TANGO

Mary Furlong Coomer
Creator of Fitness Play Date

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