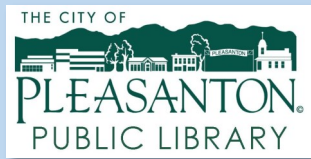


Pleasanton Library and John Muir Health present the 2017 Lecture Series:



Meet the Health Expert

On the following Thursdays, from 7:00 pm to 8:30 pm

For more information 925 931-3400 x 4 or www.pleasantonlibrary.org



Date	Class Title	Speaker
February 23 rd	How Can I Keep My Bones Strong?	Dr. Mello
April 27 th	Caregiving: Caring for Your Loved One – Caring for Yourself	Karen Winer
May 25 th	Diabetes Dialogue	Dr. Mello
June 22 nd	Managing Pain	Dr. Alexander Pekurovsky
July 27 th	Are You Experiencing Frequent Sleepless Nights?	Dr. Brast
August 24 th	Avoiding Fraud and Scams for Senior Citizens	HICAP (Health Insurance Counseling & Advocacy Program)
October 26 th	What's New with Medicare in 2018?	HICAP (Health Insurance Counseling & Advocacy Program)
December 28 th	Banishing the Blues—Holiday Depression	Dr. Brast
January 25 th , 2018	Advance Health Care Directives	Suzanne Leib
February 22 nd , 2018	Managing Inflammation	Kathy Napoli

Meet the Health Expert

2017 Lecture Series

Pleasanton Public Library

Healthy Bones

Osteoporosis is called the “silent disease” because you may not notice any changes until a bone breaks. Join Dr. Mello as he discusses bone health and the importance of good nutrition and exercise to keep bones healthy.

Caregiving Support and Resources

Caregiving can trigger a host of difficult emotions that may leave you feeling overwhelmed and alone. Discover tips that can help you get the support you need while caring for someone you love in way that may benefit both of you.

Diabetes Dialogue

Whether you are newly diagnosed or have been living with diabetes, it is important you take care of yourself now to reduce the chance of complications later. Join Dr. Mello as he discuss the various risk factors for developing pre-diabetes and Type 2 diabetes and prevention strategies that can lead you towards a healthier lifestyle.

Managing Pain

Chronic pain can have profound effects on your physical and mental wellbeing. However, it is possible to manage your pain by increasing your level of functioning and quality of life. Join Dr. Pekurovsky as he discusses ways to restore your quality of life and to take control of your pain.

End the Insomnia Struggle

Insomnia can be devastating to our mental and physical health. Join Dr. Brast as he discusses ways to successfully conquer chronic insomnia and sleep deprivation.

Please note: this lecture is designed for those who have trouble getting to sleep or sleeping through the night and do not have a medical sleep disorder.

Avoiding Fraud and Scams for Senior Citizens

Millions of seniors and elders are targets for scams, abuse, and fraud. This lecture will discuss the most common scams and forms of fraud that senior citizens face. Learn practical tips on how to recognize the tricks and how to protect yourself and your loved ones.

What’s New with Medicare in 2018

It’s Medicare Open Enrollment time. Do you have questions about your Medicare health or drug plan for 2018? This is the time to understand your coverage. Alameda Health Insurance Counseling and Advocacy Program (HICAP) will talk about what’s new with Medicare for 2017 and how to optimize your coverage.

Banishing the Blues—Holiday Depression

The holiday season usually brings parties and celebrations, but for many it is a season filled with sadness, loneliness, and anxiety. Join Dr. Brast as he offers practical suggestions and strategies to improve the lives of those who experience the holiday blues.

Please note: this class addresses reactive repression not mental illness or clinical depression.

Advance Health Care Directives

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. This lecture will help you to learn more about advance care health care planning.

Managing Inflammation

Chronic inflammation plays a role in heart disease, stroke, arthritis, autoimmune disease, obesity, dementia, and cancer. You can reduce hidden inflammation through diet and lifestyle. Consuming the right foods, and regular physical activity can support and stimulate the body’s ability to heal.