



Presents Its Monthly Seminars...

MONTH	TOPICS	DATE/PLACE	TIME
February	Hospice, Dispelling the Myth and Taking Advantage of the Services	Feb 13 - MWH	11am
March	Disability Resources, What Programs & Equipment are Available	March 19 - SRMC	5:30pm
April	Advanced Directives	April 10 - MWH	11am
	Dr. Wayland Marks Discusses Medical Care for the Frail Elderly – Should It Be Different?	April 16- SRMC	5:30pm
May	Deciphering the Three D's: Depression, Dementia, and Delirium	May 8- MWH	11am
		May 14- SRMC	5:30pm
June	Brain Health	June 12 - MWH	11am
		June 18 - SRMC	5:30pm
July	What Can You Do to Help Prevent Healthcare Fraud, Waste & Abuse	July 10 - MWH	11am
		July 16-SRMC	5:30pm
August	Happy Summer!		
September	Falls Prevention and Mobility	Sept 11 - MWH	11 am
		Sept 17 - SRMC	5:30 pm
October	What an Elder Law Attorney Can Do For You	Oct 9 - MWH	11am
		Oct 15 - SRMC	5:30 pm
November	Exercise and Physical Health, Everyday & Through the Holidays	Nov. 19 - SRMC	5:30 pm
December	Happy Holidays!		

LOCATIONS:

MWH (Mary Washington Hospital) – Program takes place in Auditorium 3 of the Carl D. Silver Health Center (Moss Free Clinic) - 1301 Sam Perry Boulevard, Fredericksburg , VA 22401 (Use back entrance)

SRMC (Spotsylvania Regional Medical Center) - 4600 Spotsylvania Parkway, Fredericksburg, VA 22408

While there is NO CHARGE for attendance, you must call to register, seating is limited! Call: 540-370-0008.

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