

**Healthy Aging Series 2025 - 2026****Red Lodge Senior Center**

First Wednesday of Month

**1:00pm - 2:00pm**

<b>DATE</b>	<b>TOPIC</b>	<b>PRESENTER</b>	<b>NOTES</b>
<b>10/1/25</b>	<b>Caregivers Support</b>	Aspen Allen; Anna Nesovic, DNP	Daily Care & Emergency Info, Medical & Health Documents
<b>11/5/25</b>	<b>Fall Prevention &amp; Home Safety</b>	Steve Fugere, OT; Anna Nesovic, DNP; Caci Ross, RN, Clinic Supervisor, Trauma Coordinator; Sarah Pedone, DPT	Understanding fall risks, home safety assessment, modifications & equipment, personal health & wellness, emergency preparedness, caregive & family involvement
<b>12/3/25</b>	<b>Estate Planning</b>	Linda Harris, CPA; Lanette Dalley, LCSW	Advanced Directives, Legal & Financial Documents, Planned Giving



<b>1/7/26</b>	<b>Nutrition, Exercise, and the Effects of a Sedentary Lifestyle</b>	Kelsey Proue, RD LN; Ashley Laird, DPT; Amy Brehm, RN CDC Certified Lifestyle Coach	
<b>2/4/26</b>	<b>Aging, Heart Health, and Memory</b>	Kyle Archbold, ST, Anna Nesovic, DNP; Jose Ortiz, MD	
<b>3/4/26</b>	<b>Women's Health, Pelvic Floor</b>	Amy Hummel, MSPT, PT Manager Joliet	How aging, childbirth, menopause, and surgery affect pelvic floor muscles
<b>4/1/26</b>	<b>Men's Health and Prostrate Screening &amp; Treatment</b>	Amy Hummel, MSPT, PT Manager Joliet; Gregory Burfeind, MD	Men's pelvic floor, understanding prostate health, screening and early detection, lifestyle and prevention
<b>5/6/26</b>	open for trade out of an earlier topic if needed		