



PREVENTIVE HEALTHCARE

55 & Up Lunch and Learn Events for 2020

The primary goal of the 55 & Up is socializing and providing a health-related educational program for our community's seniors. The speakers are local physicians and healthcare professionals who generously donate their time.

Lunch is provided by **Be Catered**.

A representative from the **Washington County Commission on Aging** will be present at events to answer questions and provide listings of activities, classes, and types of assistance offered at the Senior Center.

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| March 24 | <i>Financial Exploitation of Older Adults</i>
Jay Kelsh, Elder Abuse Victim Advocate with the Washington County Commission on Aging |
| April 28 | <i>Chronic Pain & How It Relates to Degenerative Arthritis and Sciatica</i>
Dr. Ali Akmal, Meritus Pain Specialists |
| May 26 | <i>The Meritus Family Medicine Physician Residency Program</i>
Dr. Paul Quesenberry, Program Director for the Meritus Family Medicine Residency Program |
| June 23 | <i>Stroke Risk Factors, Prevention, Diagnosis, and Treatment</i>
Dr. Sarim Mir, Mir Neurology |
| July 28 | <i>Skin Health: Risk Factors for Damage, Types of Skin Damage, Treatment, and Prevention</i>
Anne Arundel Dermatology Provider – TBD |
| August 25 | <i>Opioid Abuse: Stigma and Prevention</i>
Dr. Umar Jawaid, Meritus Family Medicine Resident |
| September 22 | <i>Hypertension: What You Need to Know</i>
Dr. Serena Lewis, Meritus Family Medicine Resident |
| October 27 | <i>Diabetes: Risk Factors, Prevention, and Treatment</i>
Dr. Shahab Siddiqui, Family Medicine |
| December 1 | <i>Holiday Party – Special Meal and Christmas BINGO</i> |

Events held at The Cortland Mansion, 19411 Cortland Drive, Hagerstown, MD 21742

\$13 cost per person

REGISTRATION IS REQUIRED

For more information and to register,
please visit EventBrite.com or call 301-790-8907