

TURNING POINT PROGRAMS - 2017

Now available at 1:00pm (CT) in locations across Kansas!

Wednesday, February 15th: FALL PREVENTION with Susan Rieger, MSW, LCSW

Build your confidence as you move around your home and the larger world. Practice physical exercises that improve strength and balance, learn mindfulness techniques to help you be less distracted and find out how to avoid several falling risks at home and in public.

Wednesday, March 15th: RESILIENCE: Managing the Stress of Life with Cathy Pendleton, MSW, LCSW

Resilience is the ability to manage stress in ways that work well, to draw upon resources inside and outside of us and to bounce back. Discover the 10 facets of resilience & ways to strengthen them within yourself.

Wednesday, April 19th: PILATES IN CHAIRS with Jim Smith, Certified Pilates Teacher and Personal Coach

Increase your circulation, strengthen your work posture and improve your flexibility and balance with this seated routine of gentle stretching, strengthening and breathing that will build your core while exercising the arms, legs, neck and torso.

Wednesday, May 17th: CHEMOBRAIN with Susan Krigel, PhD, Licensed Psychologist, MCA

Learn what "chemobrain" is, scientific evidence for chemobrain, how memory works and what other factors can impair memory. Most importantly, get strategies that can help you cope with chemobrain.

Wednesday, June 21st: LESS STRESS with Moira Mulhern, PhD

In this class, you will explore what decades of research tell us about the relationship between stress and health. You will also leave with a practical strategy for managing life's stressors in more effective ways.

Wednesday, July 19th: A GRATITUDE ADDITUDE with Susan Rieger, MSW, LCSW

Gratitude helps us to train our minds to self-calm and to build resilience within. In this group, we will use the gratitude buddy approach, learn some meditations that enhance gratitude, practice some breathing exercises and visualization that focus on the heart and do some writing on this subject.

Wednesday, August 16th: SLEEP TIGHT with Susan Krigel, PhD, Licensed Psychologist, MCA

Looking for restful sleep? This session helps you understand how lack of sleep affects your health. We discuss sleep disorders and review how much sleep is needed for improved health. We also discuss sleep diaries and persistent sleep problems that should be evaluated by your physician or sleep specialist.

Wednesday, Sept. 20th, Oct. 18th, Nov. 15th: NUTRITION EDITIONS with Lisa Markley, MS, RDN

A 3-part series with recipes and nutrition tips to help you choose and prepare dishes that are both healthy & delicious.

For more information contact:

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More options, close to home.