

United Methodist Village
presents

SmartMoves
Healthy Learning Lecture

Fall Prevention

presented by: Jocelyn Rothschild-Frey

**Get in on the action and learn how
YOU can prevent falls!**

**One in three seniors above age 65,
and nearly one in two seniors over
age 80, will fall at least once this
year.**

**Learn what you can do to keep your
home and yourself as safe as
possible!**

Date: Tuesday, 10/30/18

Time: 11:00am - 12:00 pm

Location: Chapel

For more information contact:
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Program managed by:



Feeling Blue: Is it Clinical Depression?

Speaker: Kren Harmon, LCSW

Wednesday, October 10 | 11 – 11:45 a.m.

United Methodist Village
5201 Asbury Ave, Godfrey, Illinois

In honor of National Depression Screening day, this presentation will overview the contributing factors and warning signs of Clinical Depression in Seniors and provide helpful prevention strategies, coping skills and effective treatments. A self-screening tool will also be available to those interested to take at home.

OSF Psychological Services / OSF Saint Anthony's Health Center



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