

**United Methodist Village of Godfrey
presents**

SmartMoves Healthy Learning Lectures

Senior Fitness Test

presented by: Jocelyn Rothschild-Frey

The Senior Fitness Test is a series of 6 standardized tests that measure the physical capacity of older adults required to perform everyday tasks.

Come learn information about the Senior Fitness Test, why it's important and why you should participate in it! You will receive background information on the Senior Fitness Test and see demonstrations on how the test is performed.

Date: Tuesday , 9/25/18

Time: 11:00 - 11:30 am

Location: Chapel

**For more information contact
Jocelyn Rothschild, Wellness Coordinator at
618.697.7102**



OSF Presents: What is LYMPHEDEMA

Swelling in arms or legs can be caused by different factors. One cause is Lymphedema, swelling due to a problem with the Lymphatic System.

Wednesday, September 12 | 11 a.m. – Noon

United Methodist Village Chapel
Godfrey, IL

Join us to find out what Lymphedema is and what can be done for it.

Presented by the OSF Saint Anthony's Health Center Rehab Services



OSF[®] HEALTHCARE