

FREE! No registration required

SKILLBUILDERS 2017 Spring Series

Smith Center of Brandon Woods at Alvamar
4730 Brandon Woods Terrace, Lawrence KS

Tuesdays | 10-11:30 AM

- March 14** **Adjusting to Change #1: Introduction to Skillbuilders**
Paul Reed, VNA; Pattie Johnston, LPL; and Jan Maddox, Brandon Woods
- March 21** **Feeling Fit—Exercise & You**
Charlotte Robertson
Physical Therapist at Brandon Woods
- March 28** **Estate + Legal Planning**
Web Golden
Attorney at Stevens & Brand, LLP
- April 4** **Car Care 101: Spring Maintenance**
Richard Haig at Westside 66 & Car Wash
- April 11** **Family Dynamics When Life Makes Changes**
Christina Jordan, VNA
- April 18** **Oh, It's Nothing: How Transitions Affect Your Health**
Julie Andrews, VNA
- April 25** **Cooking for One (or Two)**
Susan Johnson, Douglas Co. Extension Office
Location: Deal Six Auditorium, Extension Office at 2110 Harper Street
- May 2** **Financial Planning 101**
Barbara Braa, Central Bank of the Midwest
- May 9** **How Does Your Garden Grow?**
Ann Peuser, Clinton Parkway Nursery & Garden Store
- May 16** **Adjusting to Change #2: Holiday, Celebrations & Other Events**
Donna Flory, MSW (retired); Paul Reed, VNA; Pattie Johnston, LPL; Jan Maddox

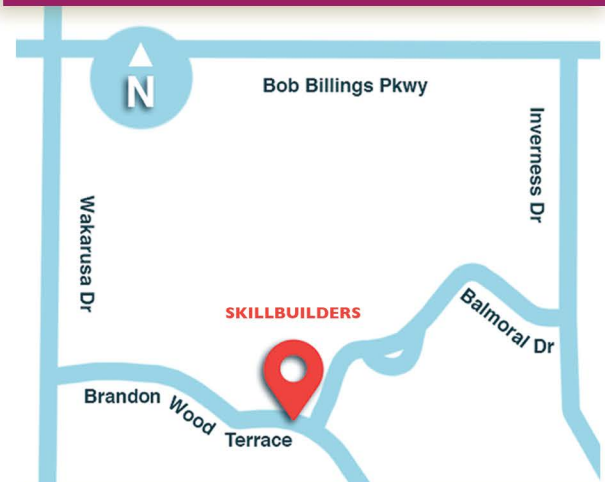
INFO: Pattie Johnston, Outreach Coordinator
Lawrence Public Library
785-843-3833 x 115

Skillbuilders is a series of programs for anyone experiencing significant life changes.

Those who have lost a loved one by death are adapting to being a single person, or are making adjustments to illness, often find that grief is not the only thing that must be faced.

Why is it so hard to make decisions that seemed easy before the changes?

Who do I ask or how do I know?



Need a ride? Call:
Douglas County
Senior Resource Center
785-727-7876

