

FOR IMMEDIATE RELAEASE

April 2, 2010

Contact: Michele Hutchins
(603) 238- 6468



SMH Announces 2010 Senior Health and Wellness Series

PLYMOUTH, N.H. --- Once again, Speare Memorial Hospital's RehabFIT is offering a free, monthly, interactive lecture series presented by rehabilitation professionals and other health specialists at local senior centers. The goal of the series is to bring education to individuals who may not otherwise have access to this type of programming, and in turn, improve the independence and wellbeing of seniors living in central New Hampshire. For more information contact Speare Memorial Hospital RehabFIT at (603) 238-2225.

Fall Prevention at Home / Presenter: Candee Adams OT

- Statistics / injuries
- Environmental modifications
- Fun & Games

Plymouth Senior Center
Interlakes Senior Center

Wednesday, April 14 at 10:30 a.m.
Wednesday, April 21 at 10:30 a.m.

Speare Memorial Hospital CaRE program / Presenter: Judy Bolger PT

- Definitions
- Benefit's from the program
- Who's Eligible?

Plymouth Senior Center
Interlakes Senior Center

Wednesday, May 12 at 10:30 a.m.
Wednesday, May 19 at 10:30 a.m.

Stress Management / Presenter: Katherine Gallagher MSW

- Definitions
- Real life stressors
- What YOU can do

Plymouth Senior Center
Interlakes Senior Center

Wednesday, June 9 at 10:30 a.m.
Wednesday, June 16 at 10:30 a.m.

Caring for your Arthritic Hands / Presenter: Candee Adams OT

- Classic arthritic changes
- Joint protection
- Adaptive devices

Plymouth Senior Center
Interlakes Senior Center

Wednesday, July 14 at 10:30 a.m.
Wednesday, July 21 at 10:30 a.m.

The Benefits of Exercise / Presenter: Jessica Croteau CEP

- Safety first
- Disease management / prevention
- Exercises impact on overall ability

Plymouth Senior Center Wednesday, August 11 at 10:30 a.m.
 Interlakes Senior Center Wednesday, August 18 at 10:30 a.m.

What is Pulmonary Rehab? / Presenter: Vinny Caruso RT

- Definition
- Our new program!
- Smoking cessation information

Plymouth Senior Center Wednesday, September 8 at 10:30 a.m.
 Interlakes Senior Center Wednesday, September 15 at 10:30 a.m.

Infection Control / Presenter: Andrea Harper

- Vaccination Information
- What YOU can do to protect yourself

Plymouth Senior Center Wednesday, October 13 at 10:30 a.m.
 Interlakes Senior Center Wednesday, October 20 at 10:30 a.m.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com and join us on Facebook.

#####