

JANUARY
2026



HEALTH AND WELL-BEING PRESENTATIONS

Each presentation last approximately 30 minutes including time for questions and answers. Handouts provided for all presentations.

VITALity Catholic Healthcare Services - Discover the mission of VITALity Catholic Healthcare Services and learn about the compassionate care programs and resources available to support your physical, mental and spiritual health.

Aging Gracefully - Learn the key components of healthy aging, the common challenges that may arise and practical, proactive tips to help you age with grace.

Alzheimer's and Dementia - *Dementia is not part of aging.* Learn how to recognize the differences, understand the causes and explore lifestyle changes you can make to help prevent or delay cognitive decline.

Brain Health - A healthy body equals a healthy brain. In this presentation, we share the effects of normal aging on the brain and fun, effective brain ways to improve your brain function.

Fall Prevention & Home Safety- Identify the major risk factors for falls and learn practical strategies to prevent them. This presentation also offers tips for making your home safer.

Grief: Coping with Loss - Understand how grief effects the mind, spirit and body. Learn about the different factors that influence how we grieve and healthy strategies to support healing.

Healthy Eating and Reading Labels - Learn how nutrition impacts your overall health. This presentation highlights key vitamins and minerals needed as you age and how to read nutritional labels to make healthy food choices.

Heart Health - Understand how cholesterol and blood pressure effect heart disease. Learn about risk factors and lifestyle changes you can make to support a healthier heart.

Loneliness and Isolation - This presentation addresses the growing number of people experiencing loneliness and social isolation and its effects on health. Learn strategies to build and strengthen meaningful social connections.

Medication Safety - Gain important knowledge about safely taking medication as you age. Common mistakes are addressed in this presentation and best practices for taking medication properly are shared.

Move to Get F.I.T - Learn the physical and mental benefits of staying active as you age. We share the current recommendations for older adults and offer strategies for beginning and maintaining an enjoyable exercise program.

Osteoporosis and Bone Health - Identify risk factors for osteoporosis and fractures and learn the important role of calcium, vitamin D and fall prevention in supporting bone health.

Women's Health: The Big Three - This presentation focuses on three major health concerns for women: *heart disease, breast cancer and stroke*. Risk factors, early warning signs, and prevention strategies to live a healthy lifestyle are provided.

To schedule a presentation, contact: **Christine Willard** at 856-583-6121 or christine.willard@camdendiocese.org.

