

## Senior Speakers’ Bureau: Topics designed specifically for those “55 or better”

St. John Hospital & Medical Center health care professionals are available to speak to community groups upon request\*. Generally, presentations run about 45 minutes followed by an additional 15 minutes for questions.

- Acid Reflux: Causes & Treatment Options
- Advance Directives: Courageous Conversations
- Art as Therapy
- Arthritis Treatment Options & Coping Strategies
- Baby Refresher Tips for Grandparents
- Balance & Fall Prevention Tips
- CareLink: Benefits of Being “55 or Better”
- Better Breathing Tips for Those with COPD, Asthma & Allergies
- Breast Health
- Caring for Aging Feet
- Caring for Aging Skin: Tips & Cautions
- Chronic Health Challenges: Support for Patients & Families
- Colon Health, Nutrition & Digestive Concerns
- Easy, Fun & Healthy Cooking for 1 or 2
- Emergency Center Insider Tips
- Exercise Tips for Strengthening Core Muscles & Improving Balance
- Flu, Shingles & Pneumonia Vaccination Updates
- Health & Weight: Stay on Track Over the Holidays
- Healthy Habits for Life & Recognizing Pre-Diabetes
- Healthy Snacking & Shopping
- Heart Health & Wellness
- Heart Healthy Exercise Options
- Heart Healthy Nutrition for Women
- Heart Rhythm Disorders, Pacemakers & ICDs
- Home Safety Tips
- Humor & Health: The Connection
- Incontinence: Coping Strategies & Treatment Options
- Leading-Edge Options to Assess Heart Health
- Leg Circulation, PAD & Blood Flow
- Living with Heart Disease & Angina
- Managing Heart Failure
- Managing Hip & Knee Pain
- Massage for Relaxation & Therapy
- Memory Changes & Aging: Fact vs. Fiction
- Nutrition for Better Living
- Oops, I Forgot: Memory Improvement Tips
- Prostate Health
- Recognizing & Treating Seizures
- Restless Leg Syndrome: Recognizing & Treating
- Rumor vs. Truth: Addressing Common Pharmacy Concerns
- Shaking / Tremors: Causes & Treatment Options
- Shaking the Wintertime Blues in Michigan
- Shoulder Pain & Treatment Options
- Spinal Stenosis
- Suffer from Neck, Back or Spine Pain?
- Summer Picnic & BBQ Ideas
- Tips for Coping with Stress
- Tips for Safe Use of Prescription & Over-the-Counter Medications
- Understanding Carotid Arteries
- Use of Alcohol as We Age: Cautions & Tips
- Warning Signs of Heart Attack & Stroke
- Weaving Integrative Medicine into Health Care
- Weight & It’s Impact on Joint Pain & Arthritis
- Women & Fatigue: Increase Your Energy

\* **Please Note:** Requesters are asked to call at least 2 – 3 weeks in advance of desired presentation date and to ensure at least 15 people will be in attendance.

**For more information or to request a speaker for a senior group:**

Contact Lea Anne Ivory, CareLink Senior Services at 313-343-7517.