University of Michigan Retirees Association
Thirteenth Annual Health Day, 2018
Tuesday, April 24, 2018
Weber’s Inn
3050 Jackson Rd, Ann Arbor, MI 48103  (734) 769-3237

7:45-8:45  Registration and Coffee and Refreshments

8:45-9:00  Welcome & Introduction – Pat Butler, President, University of Michigan Retirees Association.

9:00-9:45  Brain Aging and What You Can Do About It! – Thad Polk, PhD; Arthur F. Thurnau Professor, Associate Chair, UM Psychology Department.

9:45-10:00  Q & A

10:00-10:10  Break – Stretch, Move, Be Active

10:10-10:55  Reduce Noise, Improve Your Health – Sally L. Lusk, PhD, RN, FAAN, FAAOHN; Professor Emerita, UM School of Nursing.

10:55-11:10  Q & A

11:10-11:20  Break – Move, Stretch and Be Active

11:20-12:05  Organic food, nutrition, health and farming – Richard Andres, Owner and Farmer, Tantre Farm, Chelsea, MI.

12:05-12:20  Q & A

12:30-12:50  Dining room setup – All Leave the Dining Room while it is set up for lunch

12:50-1:50  Lunch - Retirees will select a lunch and prepay with their original registration

1:50-2:35  Physical Activity and Exercise for Older Adults – Raymond Yung, MB, ChB.; Chief, UM Division of Geriatric and Palliative Medicine.

2:35-2:50  Q & A

2:50-3:00  Break, Stretch and Move

3:00-3:45  Your Voice! Your Choice! Your Health! – Sandra Merkel, M.S.N., RN; Clinical Nurse Specialist, UM Hospital.

3:45-4:00  Q & A

4:00  Discussion, Evaluation and End of Program

Registration:
Name(s)  #A__________________________  Name (2 person)  #B__________________________
Address__________________________________________________________
City____________________________________  Zip________________________
Email____________________________________  Phone____________________

Please enclose check for $16.00 per person, payable to UMRA  Amount enclosed_________

Meal choice(s) (Indicate which is A or B)  ______Chicken  ______Whitefish  ______Vegetarian  ______Vegan

Registration must be received by April 18, 2018
Send to:  UMRA, 2005 Wolverine Tower, 3003 S. State St., Ann Arbor, MI 48109-1281

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