



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

**HOUSING BUREAU FOR SENIORS**

**SENIOR LIVING WEEK 2017**

# Workshops — Monday, May 8

## Stealth Health

**Times:** 10:00 AM - 11:00 AM

1:00 PM - 2:00 PM

**Location:** StoryPoint  
6230 S. State Street, Saline, MI  
(734) 944-6600

**STORYPOINT™**

Your nutritional needs and tastes change as you age. There are many foods, herbs and spices that help improve your health. And just because it's healthy, doesn't mean it tastes bad! Join us for a relaxing cooking demonstration by our culinary team at StoryPoint. The chef will also offer gluten free options and dessert items for those with a sweet tooth!

**Speaker:** Chef Kevin Penn, Executive Chef, StoryPoint

## Brains and Balance for Seniors

**Time:** 2:30 - 4:00 PM

**Location:** StoryPoint  
6230 S. State Street, Saline, MI  
(734) 944-6600

**Watroba, Dunbar & Franke**  
*Wealth Management Group of*  
**RAYMOND JAMES®**  
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My new Brains & Balance program is designed for the specific needs of active older adults who know importance of staying mentally sharp and physically stable.

Discover how much fun balance training can be while you exercise your mind. If you are over 60 and you recognize the importance of preventing fall and maintaining mental acuity.

**Speaker:** Tom Wright, Personal Trainer / Fitness Coach

## Workshop Registration

Registration is encouraged for all Workshops as seating is limited at many locations.  
REGISTER EARLY.

Thank You Senior Living Week Workshop Sponsors  
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