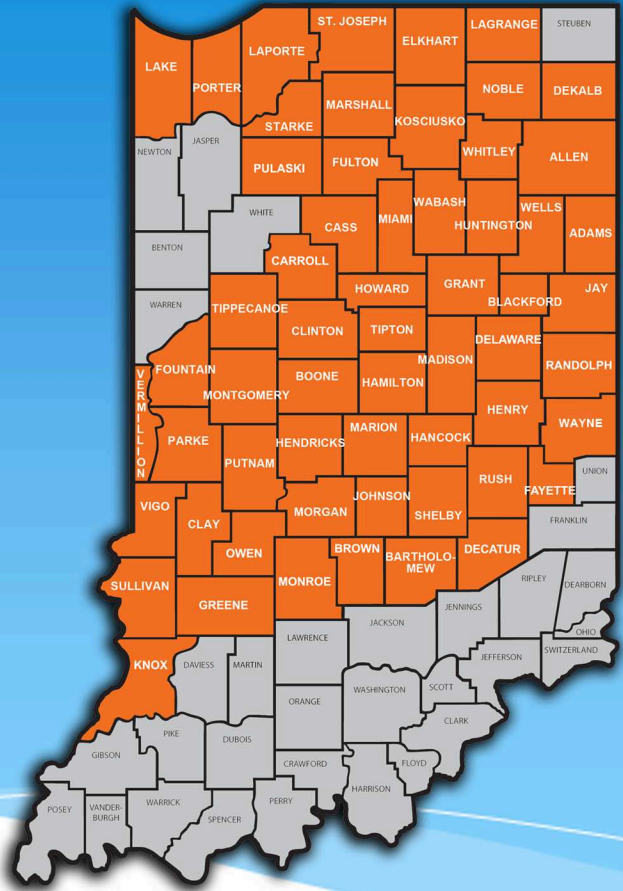


Let us share our expertise with you!

Each part of this wellness educational series will help you with a multitude of questions you may have from your Medicare Benefits to Super Foods to Senior Scams!

Come find out what everyone is talking about!



*Solutions*  
**BEYOND  
BASICS**  
*Educational Series*

*Solutions*  
**BEYOND  
BASICS**  
*Educational Series*

5250 E US Hwy 36 Suite 710, Avon, IN  
[www.hhcsi.net](http://www.hhcsi.net)



# *Solutions* **BEYOND BASICS** *Educational Series*



## **Questions to Ask Your Doctor**

Have you ever left a doctor's appointment and then realized you forgot to ask an important question? It can be very intimidating to sit in a waiting room, exam room, or surgery center...but, this presentation will guide you through the process of dealing with your health care concerns and how to maximize your knowledge.

## **Fall Prevention**

Falling is a serious concern as we age. That's why it's important to learn the best strategies for prevention. Do you need an assistive device like a cane? What if you're feeling light-headed? We will talk about how to move around safely, how you can make your home safer, and whether or not a therapist can help improve your mobility.

## **Senior Scams**

Fraud and scams are real and unfortunately seniors are a big target. Most everyone has received those pesky phone calls or "win big" deals in the mail. This presentation will teach you about several common kinds of scams and how to deal with them.

## **Diabetic Management**

Do you have diabetes, or have been told that if you don't change your diet and lifestyle you could get diabetes? Do you want to learn more about the disease and how to deal with it? We will talk about diet, exercise, and other lifestyle changes to help make your quality of life better.

## **All About Arthritis**

Our joints experience "wear and tear" our whole lives. That "wear and tear" leads to arthritis for some people. What kinds of arthritis are there? What are the signs/symptoms? What can be done about it? Can you still exercise? We will also talk about an autoimmune disorder called Rheumatoid Arthritis.

## **Saving Your Vision**

Whether your eyesight is perfect or you have to wear glasses, this presentation will give you great tips on how to protect your eyes. Do you wear sunglasses or hats outside to protect your eyes? Are you eating the right kinds of foods for eye health? Let us expand your knowledge on how to save your vision.

## **Super Foods**

There are certain foods that have so many health benefits that they are called Super Foods. Wouldn't you rather be eating foods that you know are helping your body? We will discuss those things during this presentation.

## **Skin Care**

This presentation will teach you great ways to care for your skin; whether you just have dry skin or an open wound. Did you know that you should be changing position every 2 hours to minimize risk of pressure sores? Or that you should elevate your legs when sitting? We will discuss all of these things and more.

## **What Does Medicare Pay For?**

It's important to understand what kind of health insurance you have and what it pays for. Most people don't understand their health insurance benefits until it's time to use them. That's when issues may arise because patients/family thought things would be covered. Most Medicare recipients don't know the difference between Part A, Part B, and Part D. Come to this presentation if you need the facts about your Medicare benefits.

## **Hydration**

Dehydration can become a serious issue for some people and it can lead to other problems. Do you know how much water you should drink everyday? We will discuss ways to ensure proper hydration and why it's so important.

## **Grief and Loss**

As we go through life, we are faced with losing loved ones and then having to deal with that loss afterwards. Those transitions in life are hard and some people can deal with it better than others. We will talk about this process and how to better equip yourself to deal with grief and loss.

## **Healthy Hearts**

Do you know the signs and symptoms of a heart attack, or what high blood pressure is? In this presentation you will learn the 7 steps that lead to a healthier heart. You will learn about how the heart works. You will also have a better understanding about diet and exercise and the important role they play in heart health.