



Food for Thought Lunchtime Series

*As a service to our community, these educational sessions are **free of charge**.
RSVP requested. A light lunch will be provided.*

June (National Safety Month)

Alternatives to Opioids **Wednesday, June 27, 2018 Noon – 1:00p.m.**

The opioid crisis is upon us, but there are alternatives to the usual prescribed opioids. Learn about new options and their effect on treatment and pain.

Presenter: Sandy Brownstein, PharmD **Pharmcare USA**

July (National UV Safety Month)

Will You Still Want Me When I'm 83? **Wednesday, July 25, 2018 Noon – 1:00p.m.**

Learn some of the truths about older adults and sexuality. Optional 1.0 CEU available from the Arizona Board of Examiners of Nursing Care Institution/Administrators and Assisted Living Facility Managers.

Presenter: Rev. Murray Flagg, PhD **Harmony Hospice**

August

Diabetes in Older Adults **Wednesday, August 22, 2018 Noon – 1:00p.m.**

Diabetes can often be a disease we acquire later in life. Learn the early warning signs and treatments available to help people live a full and active life with diabetes. Optional .50 CEU available from the Arizona Board of Examiners of Nursing Care Institution/Administrators and Assisted Living Facility Managers.

Presenter: Tracy Callison, RN Case Manager **Harmony Hospice**

September (National Deaf Awareness Month)

Deaf Awareness **Wednesday, September 19, 2018 Noon – 1:00p.m.**

September is National Deaf Awareness Month and a time to build our understanding of how people who are deaf cope in the hearing world. Many people face becoming deaf later in life and experience similar challenges. Learn about some of the tools available to help.

Presenter: Paul Hawkins, BA **Sprint Captel**

October (National Breast Cancer Awareness Month)

Early Detection & Screening **Wednesday, October 17, 2018 Noon – 1:00p.m.**

The importance of early detection and screening for breast cancer can save a person's life.

Presenter: Carondelet Staff

For more information call: Sheila McGinnis (520) 284-9334 or email: smcginnis@harmonyhospice.org

Location of Trainings: 1200 N El Dorado Place, Suite B-200 Tucson, AZ