

Healthy Living - The Golden Years

FREE SEMINAR

Saturday, June 21

9 – 10:30 a.m.

Bridgeway Pointe Assisted Living

(next to Daniel Drake Center)

165 W. Galbraith Road
Cincinnati, OH 45216

***HURRY!* Space is limited -
reserve your seat now by calling:**

(513) 418-4370.

Refreshments will be served.

You are invited to attend a free community seminar presented by leading physicians who will discuss the physical effects of aging.

Topics include:

- What are the most profound physical changes we experience as we age?
- What illnesses or conditions are more likely to emerge in our older adult years?
- How do family history and lifestyle choices play a role in our overall health?
- What is the “testing schedule” we should follow to monitor our health as we age?
- How does aging affect our hearing and eyesight and what can be done to preserve these senses?

To learn more about Bridgeway Pointe, visit:
UCHealth.com/Bridgeway