**July– August 2021 Nassau Libraries Health Share Health and Wellness Events**

 

**Thursday, July 1, 7pm. Oh My Aching Joints: All You Need To Know About Arthritis.** Northwell Health's Dr. Marie Labarca, Rheumatology specialist, will discuss risk factors for getting arthritis and what to do if you have it already.  **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*** Save your spot! <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=501130>

**Tuesday, July 6, 10am. How to Stay Young at ANY Age!**  When it comes to youthfulness, chronological age is less important than our lifestyle. We can’t stop the ageing process completely, but we can learn to slow it down.  Join our preventive medicine specialist to learn the scientifically backed actions you can take to feel youthful at every age.  **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*** Save your spot! <https://longbeachpl.librarycalendar.com/events/active-living-series-how-stay-young-any-age>

**Wed., July 7, 11am. Skin Cancer: Spot It - Stop It!** Skin Cancer can lead to disfigurement and even death. Join Maura Calio, MA, RN from St. Francis Hospital’s DeMatteis Center and learn about prevention and early detection of basal cell, squamous cell, and melanoma. **\*This program is brought to you courtesy of Nassau Libraries Health Share** Save your spot!  <https://zoom.us/meeting/register/tJwkduqrrzktHdLeVk0Qt0K1opqkrZ1LYoA6>

**Thursday, July 8, 7pm. Optimize Your Immune System: Combat Viruses and Age Gracefully with a Kitchen Pharmacy.** Long Island author Marie Ruggles will discuss science-based ways to protect yourself from unnecessary illness and how to build a natural kitchen pharmacy to keep you and your family healthy all year long**. \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*** Save your spot**!**  <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=499687>

**Monday, July 12, 1pm. Fall Prevention Part 1,** with Lori Ginsberg: Falls, Risks, Gait and Balance, and Home Safety .**\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*** Save your spot!
<https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=507763>

**Tuesday, July 13, 10am. What You Need to Know about Arthritis.** *Oh, my aching joints!*Arthritis is a term for joints that are inflamed, swollen, painful, red and stiff.  It is the leading cause of chronic disability in the US, and limits activity more than any other chronic condition.  But did you know that there are many types of arthritis?  Join us to learn about the causes, symptoms and treatments of the most common types of arthritis.  **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\***

Save your spot! https://longbeachpl.librarycalendar.com/events/active-living-series-what-you-need-know-about-arthritis

**Tuesday, July 13, 1pm. Medicare Updates and Options.** Barry Klitsberg, a certified and experienced counselor from the Nassau County Health Insurance Information Counseling and Assistance Program (HIICAP), will discuss: Supplemental Insurance Medicare Advantage, Prescription Drug Plans, Medicare Savings Programs, NYS EPIC Drug Coverage, Medicare coverage of COVID testing and vaccines...and more!  *This program is designed for existing and new Medicare members.*  **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*** Save your spot! <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=499689> *\*Also held on* ***Thursday, August 12, 7pm.***

**Wednesday, July 14 at 11am Heart-Healthy Nutrition Tips**. Registered Dietitian Denise Mokotoff, will discuss heart-healthy nutrition guidelines, dining out tips, label reading and much more. Please join us and learn how to select the best foods for your heart. \*This program is brought to you courtesy of Nassau Libraries Health Share Save your spot!  <https://zoom.us/meeting/register/tJ0rdeGrrjwrHde_XCp8GPmaRle886AjF7rh>

**Wednesday, July 14, 11:30am. How to Stay Young Forever.** For class descriptions and to register for the zoom link, please call Assemblyman Ra's office at  516-535-4095.  **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\***

**Monday July 19, 1pm Fall Prevention Part 2,** with Lori Ginsberg: Vision, Hearing Loss, Feet & Footwear, Community Safety, Osteoporosis, Weather, Infections, and How to get up safely from a fall.  \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\* Save your spot! <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=507763>

**Tuesday, July 20, 10am. Gentle Yoga and Tibetan Bowls.**  Linked with breath, gentle yoga uses slow movement to relieve stress, increase flexibility, calm the mind and strengthen the body.  Tibetan singing bowls are used for healing with sound and vibration. Join us as we link these integrative therapies to promote relaxation and stimulate your body’s natural healing. **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\* Save your spot! <https://longbeachpl.librarycalendar.com/events/active-living-series-gentle-yoga-and-tibetan-bowls>**

**Wednesday, July 21, 11am. Exercising Safely.** For class descriptions and to register for the zoom link, please call Assemblyman Ra's office at  516-535-4095.  \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*

**Thursday, July 22, 7pm. Meditation for Stress Reduction.** John Bednarik will demonstrate the most practical and effective methods of controlling and calming the mind for better meditations and many other health benefits. \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\* Save your spot! <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=493418>

**Tuesday, July 27, 10am. Healthy Eating is Easier Thank You Think!** Eating is not just about satisfying hunger. Everything we eat affects out physical and mental well-being. Food has the power to prevent disease, increase energy, lose weight, slow aging and boost our brains. But did you know that healthy eating is a lot easier than most people think? Join us to learn simple ways to make healthy choices. \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\* **[Save your spot!](https://longbeachpl.librarycalendar.com/events/active-living-series-healthy-eating-easier-you-think)**<https://longbeachpl.librarycalendar.com/events/active-living-series-healthy-eating-easier-you-think>

**Tuesday, July 27, 12pm.  To Sleep, Perchance to Dream: Sleep Better and Wake Refreshed.** Do you have trouble sleeping? You are not alone. Many American adults have difficulty both falling asleep and staying asleep, and it impacts many aspects of their daily lives. Join Dr. Penny Stern, MD at Northwell Health to explore the world of sleep - our beliefs, our habits, and the roots of sleep disorders - and learn how to overcome the nightly struggle to achieve a good night’s sleep. \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\* Save your spot! <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=513076>

**Wednesday, August 4, 11am. Anxiety and Depression.** For class descriptions and to register for the zoom link, please call Assemblyman Ra's office at  516-535-4095.  \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*

**Thursday, August 5, 7pm. Youthful Aging, Ageless Consciousness Through Meditation.** Dr. Matthew Raider, national speaker and a contributing author to the book "Meditation as Medication for the Soul" by Rajinder Singh, will present a three-fold method of maintaining youthful function in advancing age. . \*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\* Save your spot! <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=493422>

**Wednesday, August 11, 11am. Communicating Effectively with Your Healthcare Team.**  For class descriptions and to register for the zoom link, please call Assemblyman Ra's office at  516-535-4095.

  **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\***

**Thursday, August 12, 7pm. Medicare Updates and Options,** with Barry Klitsberg. *See Tuesday, July 13, 1pm description.* **\*\*This program is brought to you courtesy of Nassau Libraries Health Share.\*\*** Save your spot! <https://www.eventkeeper.com/code/ekform.cfm?curOrg=HILLSIDE&curID=499691>

JL 6.17.2021