

ATTENTION HEALTHY SENIORS!

- Interested in ways to stay healthy as you age?
- Looking for ideas on how to live better with a chronic condition?
- Need a little extra help to recover after a recent injury or illness?

If you answered yes to any of the above, please consider attending a new **FREE** program, sponsored by the Dominican University of California Department of Occupational Therapy.

The program will run for ten weeks, starting in February 2009.
The program will meet on Tuesday afternoons, from 1-4 pm.
The program will be held on the beautiful Dominican University campus, centrally located in downtown San Rafael.
The program meets in the occupational therapy department, which is fully ADA compliant and wheelchair accessible.
Participants will work individually with graduate occupational therapy students under the supervision of an occupational therapy faculty member.

Issues and topics addressed will be individualized, and may include:

- Energy conservation
- Improving range of motion and muscle strength
- Fall prevention
- Community mobility
- Strength and flexibility
- Nutrition and exercise
- Use of adaptive equipment
- Leisure activities

If interested, please contact OT Program Coordinator Julie Hunt at 415.458.3731. Enrollment is limited, so please call soon!