



2020

HEALTHY AGING LECTURE SERIES

Wednesdays, 5:30 to 6:30 p.m.

In Partnership with
The LGBT Community Center of the Desert

April 29 **The Health Benefits of Walking: Indoors and Out**
Ken Zaporinuk, DPT
Physical Therapist

May 6 **Healthy Take Out or Delivery**
Bec McDorman, MS, RDN
Clinical Nutrition Manager

May 13 **Strength Training at any Age or Fitness Level**
Ken Zaporinuk, DPT
Physical Therapist

May 20 **Mix and Match Meal Preparation**
Bec McDorman, MS, RDN
Clinical Nutrition Manager

May 27 **A Physical Therapist's Guide to Mobility
and Stretching**
Ken Zaporinuk, DPT
Physical Therapist

Via  **zoom** Video Communications
Meeting ID: 975 8966 4971
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