



## TOPIC TUESDAY

### February Upcoming Discussions

Tuesday, February 12, 2019—12:00-12:45 pm - Power of Positive Thinking



Too many seniors focus on everything they can no longer do and everything they have to give up as they grow older. The battle lines are clearly drawn, and if they lose the battle, they become miserable people.

Nevertheless, it is possible to win the battle for a positive mind and solve the positive thinking puzzle during the later chapters of life. You can still write an excellent story and continue to grow in spite of all the challenges.

Old age is not for sissies. It is one of the most challenging chapters in a well-lived life. Whether you enjoy being a senior is a choice. If you choose well, you can live long and prosper.

Being optimistic--and focusing on positive thoughts--has a positive effect on seniors' health.

Tuesday, February 26, 2019—12:00-12:45 pm - Practicing Mindfulness



The practice of mindfulness can bring many benefits to your emotional and physical health, as well as to the relationships in your life. Mindfulness is an amazing tool for stress management and overall wellness because it can be used at virtually any time

and can quickly bring lasting results.

Presented by: Jennifer Lynch, Health Coach, Motivational Speaker

Jennifer has been promoting health and wellness for over ten years at Ascension Genesys Health Club. Whether you're trying to lose weight, improve your body image, learning to cook or just looking for accountability and/or encouragement, she is ready to walk along side you. She has a passion for helping others and strives to help you recognize personal strengths that aid in overcoming obstacles relative to your health. "Attitudes are prized possessions. They are adjustable and contagious, is yours worth catching?"

*No sign up necessary - held in the "den" located in the tennis area.*

