



aging

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

The program on aging offers information, activities and support groups of particular interest to those over 50.

Exercise classes are held Monday, Wednesday, and Friday from 8:00 AM to 9:30 AM at the Institute and on Wednesday at 11:00 AM in the Senior Center located next door to the Institute. Exercises for people with arthritis are held on Tuesdays at 11:30 AM.

Nutrition classes are offered on the first Thursday of every month from 1:00 PM to 2:00 PM. Included in these classes:

- information on how to cook healthy,
- foods to avoid if you have arthritis,
- the food pyramid,
- vitamin and mineral content in foods, and
- examples of dishes and menus.

Short classes on the safe use of medicine are offered upon request. With your doctor's instructions we will also call you to remind you about your medication schedule and make sure all is going well with your treatment.

If you would like to know more about:

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| cardiovascular health, | cancer, | diabetes, |
| osteoporosis, | arthritis, | menopause, |
| depression, | long term care, | hospice, |

or other topics related to aging, **please call promotoras de salud, Norma Cardenas or Blanca Acosta.**



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