

DIMENSIONS OF WELLNESS

Moravian Hall Square Wellness & Vitality Menu

- Helps residents and guests take an active role in controlling their food intake by pursuing healthier options.
- Provides nutritional information about the calorie, fat, sodium, and carbohydrate content for menu items.
- All menus are reviewed by the Registered Dietitian to ensure they meet heart healthy guidelines and provide 1/3 of the average caloric requirement for one day.
- Assist residents and guests in making informed choices at meal times where medical issues, such as diabetes, require monitoring of some aspect of meals.
- Appeals to residents who choose to pursue a healthier lifestyle through diet and exercise.

PHYSICAL
LIFE-LONG LEARNING
COMMUNITY OUTREACH
SOCIAL
SPIRITUAL
EMOTIONAL
NUTRITIONAL

Register by calling 610-746-1000 or online at www.moravian.com.

Light refreshments

All programs in Kortz Hall

Programs are open to the public and free of charge unless otherwise noted.



A Continuing Care Retirement Community

175 W. North St., Nazareth, PA 18064

610.746.1000 www.moravian.com



2009

Programs to Enhance Whole-Person Wellness

**Presented by
The Wellness and Vitality
Advisory Committee**



WELLNESS AND VITALITY 2009 PRESENTATIONS



Tuesday, January 27

11:00 am

How to Recognize Depression

Abby Altman M. ED
Mental Health Therapist
Community Services Group



Thursday, April 30

10:00 am –2:00 pm

MHS Wellness Expo

The Keys to Living Well for Seniors

Unlock the door to a healthier you with health screenings, essential oils, massage therapy, healthy cooking demos, prizes and more!!

Tuesday, October 27

11:00 am

Ask the Pharmacist

Charles Rainieri R. PH
Wegman's Pharmacy
Manager



Monday, March 2

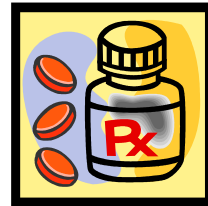
2-5 pm

The Therapy of Wine Cherry Valley Vineyards

Drink to your health at this informative wine-tasting event with food to cleanse your palate and the opportunity to purchase your favorite wine!



**Reservations required with a fee of \$5 per person



Thursday, May 7

11:00 am

Supplements and How They Affect Your Medications

James Martin, M.D.
MHS Medical Director



Tuesday, November 10

11:00 am

A Holistic Approach to Relieving Aches and Pains

Jan Bourdelle
Certified Massage and Neuromuscular Therapist
Susan Gerken

Tuesday, June 23

11:00 am

Vision Disorders and Assistive Devices

Ruth Asmus, Director
Visual Impairment and Blindness Services



Tuesday, March 24

11:00 am

Nutritional Supplements Sorting Out Fact from Fiction

Cara Hillenbrand
RD, LDN, CNSC
Registered Dietician



Tuesday, September 22

11:00 am

What is Hospice Care Myths and Facts

Nina Metzler
RN, BSN
St. Luke's VNA



Tuesday, December 8

11:00 am

Managing Disease with Exercise

Amy Baskar
Nationally Certified
Fitness Instructor and
Personal Trainer

