

LECTURES & WORKSHOPS



PART OF THE SENIOR DINING CENTER PROGRAM

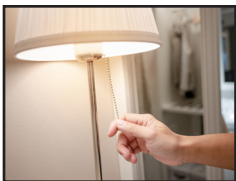
Log Cabin Senior Center • 2369 NE Dixie Hwy. • Jensen Beach, FL 34957 • 772.834.4236

MAY 2023

The Senior Dining Center will be closed in observance of the following holiday:

Memorial Day - May 29th

ALL EVENTS ARE FREE TO ATTEND. CALL FRANK AT 772.834.4236 TO REGISTER.



EHEAP - Electricity, Heating, and Energy Assistance Program

Wednesday, May 3rd | 11 a.m.

Presented by Terrico Poteate, Case Management Navigator for the Council on Aging of Martin County. Learn about this important assistance program that you can access through the Council on Aging.



Identity Theft, Scams and Abuse | Wednesday, May 10th | 11 a.m.

Presented by Ligia Hardy from the Aging and Disability Resource Center. This presentation will focus on protecting yourself and your information from scammers.



HIV/AIDS | Florida Department of Health Martin County | Wednesday, May 17th 11 a.m.

Learn about HIV/AIDS and the disease prevalence and risk among the senior population.



Stroke Awareness | Cleveland Clinic Martin Health | Wednesday, May 24th | 11 a.m.

The month of May marks National Stroke Awareness Month. It's an important time to talk about the signs, symptoms, and treatment for stroke.



Medicare Options and Ice Cream Social | Wednesday, May 31st | 11 a.m.

Beat the heat with a cool ice cream treat, and hear from Medicare expert, Nicole Bevino, about options for healthcare. Explore benefits that you may be entitled to through Medicare.