

Administrative Office
140 Warwick Neck Avenue
Warwick, RI

Adult Day Centers
3270 Post Road
Warwick, RI

60 Wood Street
Coventry, RI

172 Franklin Street
Bristol, RI

Alzheimer's Care Center
140 Warwick Neck Avenue
Warwick, RI

Cornerstone Adult Services, Inc.

Just like family



Adult Day Center

115 East Main Road, Little Compton, RI 02837
401.592.0465 fax 401.592.0467

www.stelizabethcommunity.org

September 6, 2014

Free Program- Keys to Successful Aging: Keeping Our Minds and Bodies Strong

Little Compton> Cornerstone Adult Services is offering a free educational program called: **Keys to Successful Aging: Keeping Our Minds and Bodies Strong**. This series of educational programs is designed for residents of Newport County who are interested in improving the quality of their aging experience through nutrition, exercise, and brain fitness programs.

The classes will be held at the Little Compton Wellness Center, 115 East Main Road, Little Compton, RI. This ten week program is sponsored by Cornerstone Adult Services with the support of funding from the Newport County Fund. There will be different topics and instructors, including:

The Brain Fitness Program- conducted by Cornerstone's Meredith Moreira, RN and Jen Oser, Case Manager.

Nutrition Education- conducted by Kristen Neissink, Registered Dietician and Licensed Nutritionist

Exercise Program -conducted by Innovations Rehab of RI's Alyssa Guertin, certified Personal Trainer and Sports Nutritionist.

The classes will be held Tuesday mornings from 10-11:30am. Class dates are:

9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18 and two follow-up sessions, dates to be determined.

This series will explore healthy aging topics that include:

Normal Aging-difference between normal aging and dementia

Nutrition- the new food pyramid and hydration for health

Exercise for Older Adults- exercise routines at home

Falls- Leading Cause of Injury- safety proof your home

Strengthening the Mind -ways to exercise the brain

Staying Active- social engagement and longer life

Cornerstone Adult Services has five adult day centers and is a member of Saint Elizabeth Community. Saint Elizabeth Community is a not for profit provider of care and services for seniors with ten RI locations. (www.stelizabethcommunity.org)

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SAINT ELIZABETH HOME East Greenwich | SAINT ELIZABETH MANOR East Bay | SAINT ELIZABETH COURT Providence
SAINT ELIZABETH PLACE Providence | SAINT ELIZABETH TERRACE Warwick
CORNERSTONE ADULT SERVICES, INC. Warwick, Coventry, Bristol and Little Compton
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