



HEALTHY HAPPENS HERE

Health and Wellness Seminars

The YMCA is teaming up with Morris Hospital & Healthcare Centers to offer a series of health and wellness seminars. Free and open to the community, these informative sessions will provide invaluable support and guidance for individuals looking to establish and maintain healthy lifestyles in 2025 and beyond.

JOIN US

All programs will be held in the Community Room at the Morris Hospital YMCA. Open to all, ages 18 and up.

THE IMPORTANCE OF A HEALTHY HEART AND EXERCISE

Monday, January 13
5:30-6:30 p.m.

With nearly half of all adults in the United States being diagnosed with some type of cardiovascular disease, heart health should always be top of mind for everyone. This information session will teach participants about the risks and preventative measures for leading a healthy heart lifestyle, as well as the differences of heart disease symptoms between women and men. Participants will also learn ways to overcome obstacles and develop a regular fitness routine.

Presented by:
Dr. Mary Menz

Cardiologist
Morris Hospital Cardiovascular Specialists

Ro Petersen
Health & Wellness Director
Morris Hospital YMCA

TAKING CARE OF YOUR HEART FOR OVERALL HEALTH

Monday, February 10
5:30-6:30 p.m.

Building on January's healthy heart and exercise presentation, this seminar will help you to learn more about how exercise can help depression, anxiety, and reduce one's risk of dementia, all of which play a significant role in overall heart health.

Presented by:
Dr. Mary Menz

Cardiologist
Morris Hospital Cardiovascular Specialists

STRENGTH, BALANCE, AND SUPPORT EQUALS A HEALTHY LIFE

Wednesday, March 12
5:30-6:30 p.m.

The Athletic Training team from Morris Orthopedics & Sports Medicine will help you to learn more about the prevention, diagnosis, treatment and rehabilitation of injuries and medical conditions in this informative seminar. There are a variety of ways working with an athletic trainer can benefit your health. Join us during National Athletic Trainer month to learn more!

Presented by:
Athletic Trainer

Morris Orthopedics & Sports Medicine

PARKINSON'S AND YOU

Friday, April 11
2-3 p.m.

Whether you have been diagnosed with Parkinson's disease or are a caregiver for someone living with Parkinson's, there is so much to learn and understand. Join Dr Mezo as he talks more about this complicated disease, medications, and therapy services available to help patients manage symptoms and more.

Presented by:
Dr. Isaac Mezo

Neurologist
Morris Hospital Neurology Specialists

LEARN MORE, BREATHE BETTER

Tuesday, May 6
5:30-6:30 p.m.

Despite how important our lungs are, it's easy to take them for granted. Mark your calendar and plan to attend this seminar to learn more about various conditions that may affect your respiratory health. We'll talk prevention, breathing techniques, and more.

Presented by:
Patti Holmberg

Charge R.N.
Morris Hospital Pulmonary Rehabilitation

DIMENSIONS OF WELLNESS

Thursday, June 5
5:30-6:30 p.m.

Do you know that there are many dimensions that make up your overall wellness? Wellness is about more than just exercise and diet. In this seminar, Morris Hospital Wellness Manager Becca Evola will discuss these dimensions and how they each play a role in your overall health and wellness.

Presented by:
Becca Evola

Wellness Manager
Morris Hospital & Healthcare Centers



REGISTER TODAY

To register, please scan the QR code using your mobile phone.



MORRIS HOSPITAL YMCA

2200 W. Dupont Avenue | Morris, IL 60450
(815) 513-8080 | www.jolietymca.org

