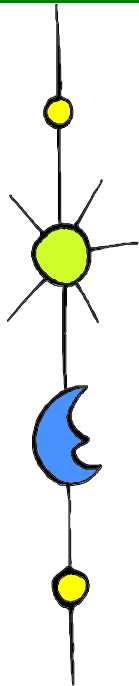




# Wellness For A Better Quality of Life For Elders

by Kathy Ward

Recreation Therapy Consultant - Dementia Care Specialist



Join us on

**Wednesday, July 20, at 3:00 p.m.**

in Friendship Heights Village Community Center

## **Kathy Ward**

is a Recreation Therapy Consultant who has spent 10 years studying ways to improve mental fitness, to increase energy and vitality, to reduce depression and anxiety, adopt to changes brought on by illness and improve social relations.

Kathy will discuss the importance of mental stimulation and creativity as a tonic for longevity, which has been shown to reduce the need for some medications. She will also give an overview of how the brain works and how a more healthy brain contributes to better ways of living.

Kathy will also introduce ***Journal For A Better Life***, a personal and meaningful tool to design spiritual, physical and mental health wellness for a better quality of life.

Kathy is a faculty member of WAGECC the Washington DC Area Geriatric Education Center Consortium, the facilitator of Alzheimer's Association Support Groups the author of Wellness For A Better Life (booklet), A Meaningful, Inclusive and FUN Recreation Program for Elders in Independent and Assisted Living and The Journals For A Better Life.

Kathy Ward has been a resident of Highlands House West - Friendship Heights for 11 years.