


MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Blood Pressure & Diabetes Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	2	3 Divorce and Co-Parenting Lecture Guest Speaker: Shelley Stahl, LICSW, Psychology Medical Center Hamilton-Wenham Library, Julie Preston, librarian 14 Union Street, S. Hamilton 7 p.m. For more information and to register, please call Julie Preston at 978-468-5577	4 North Shore Post Partum Depression Task Force Facilitated by: Birth to Three Family Center Longan Room at Addison Gilbert Hospital 298 Washington Street, Gloucester 1 - 3 p.m. For more information, please call 978-412-1023	5	6
7	8 Blood Pressure Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	9	10	11	12	13
14 	15 Blood Pressure Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	16 Everyday Forgetfulness vs. Memory Disorders: Exploring the Differences Lecture Guest Speaker: Darcey Adams, LICSW, Director of Community Programs, Northeast Senior Health 12:15 - 1:15 p.m. For more information and to register, please call 978-468-5529	17 Diabetes Lecture Guest Speaker: Glenn Selig, Northeast Home Care Beverly Council on Aging, 90 Colon Street, Beverly 10 - 11 a.m. For more information and to register, please call 978-921-6017	18 Brown Bag Pharmacy Session Provided by: Pharmacy Services and Northeast Senior Health Danvers Senior Center, 21 Stone Street, Danvers 11 - 1 p.m. For appointment, call 978-921-1697, ext. 300 at least two days prior to event	19	20
21	22 Blood Pressure Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	23	24 Exercise Safely and Fall Prevention Lecture Guest Speaker: Sharon Gonick, MPT, COS-C Rehabilitation Manager Northeast Home Care Rose Baker Senior Center, 6 Manuel F. Lewis St., Gloucester 10 - 11 a.m. For more information and to register, please call 978-218-9765	25 Nutrition News: Eating Well as You Age Lecture Guest Speaker: Erica Cintron, RD, LDN, Clinical Dietician, BH@D Topsfield Council on Aging, 8 West Common Street, Topsfield 10:30 - 11:30 a.m. For more information and to register, please call 978-887-1523	26	27
28	29 Blood Pressure Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	30	31			
		Financial Counseling - Addison Gilbert Financial Counselors are available at the Rose Baker Sr. Center each Tuesday morning from 8 a.m. - 12 p.m. Beverly Hospital Financial Counselors are available at the Beverly Senior Center every Friday from 10 a.m. - 1 p.m.			Did You Know? March is National Colorectal Cancer Awareness Month March is National Nutrition Month March is Workplace Eye Wellness Month March is National Endometriosis Awareness Month March is Save Your Vision Month	

