

2009 - 2010

Ambassador Academy

SCHEDULE OF EVENTS

- September 10, 2009:** Total Joint Surgery: What to Expect
- October 8, 2009:** Financial Planning for Your Future
- November 12, 2009:** Diabetes Education
- December 10, 2009:** When the Going Gets Tough
- January 14, 2010:** Ready, Set, Go: Personal Fitness
- February 11, 2010:** A Healthy Ticker: Cardiac Rehabilitation
- March 11, 2010:** Nutrition & You: Eating After 60
- April 8, 2010:** What Occupational Therapy Can Do for You
- May 13, 2010:** Ouch! Arthritis Facts & Solutions
- June 10, 2010:** How to Make Your Home Safe
- July 8, 2010:** Living Wills, Power of Attorney
- August 12, 2010:** Staying Connected: Social Involvement

2:00 PM - 3:00 PM

THE AMBASSADOR
GAME ROOM

AMBASSADOR ACADEMY
The Ambassador Nebraska City

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*Nobody grows old merely by living a number of
years. We grow old by deserting our ideals.*

*Years may wrinkle the skin, but to give up enthusiasm
wrinkles the soul. ~Samuel Ullman*

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