

Register online at [www.friendslifecare.org](http://www.friendslifecare.org), by mail, or call 215-628-8964

**Single Workshops:**

***Because it Matters! Pelvic Health for Women***

Thursday, May 1 in Bryn Mawr or Tuesday, May 6 in Plymouth Meeting

***The Healthy Brain: Maintaining Mental Skills with Age***

Tuesday, May 13 in Center City

**Workshop Series:**

***Rhythm for Life: Drumming for Relaxation, Meditation, and Fun***

Wednesday, April 23, April 30, and May 7 in Center City

Tuesday, May 20, May 27, and June 3 in Wilmington

***C.A.L.M.: Techniques for a Centered Life***

Thursday, April 24, May 1, May 8, May 15, May 22 and May 29 in Doylestown

***The Anti-Inflammatory Food Fix***

Wednesday, May 14, 21 and 28 in Center City

**LeadingAge  
2013  
Award Winner!**

***Details for Single Workshops:***

**Topic:** Because it Matters: Pelvic Health for Women

**Workshop Leader:** Carol Bilek, MEd

Many women experience some form of prolapse, urinary incontinence and/or hip pain. Learn how these conditions are directly related to our musculoskeletal system and posture. Carol Bilek, MEd, educates women on how to return to natural female posture in order to improve, stabilize, and in some cases reverse their symptoms. Through this workshop you will learn how to incorporate correct posture into your daily activities. Join Carol for this free workshop on a topic all women need to know more about – because it matters.

Date: Thursday, May 1  
Time: 5:00 - 6:30 p.m.  
Location: Ludington Library  
5 S. Bryn Mawr Avenue  
Bryn Mawr, PA

Date: Tuesday, May 6  
Time: 1:30 - 3:00 p.m.  
Location: Church on the Mall  
Plymouth Meeting Mall  
500 W. Germantown Pike  
Plymouth Meeting, PA

Friends Life Care Member Tuition: FREE

FitC Member Tuition: FREE

Non-Member Tuition: FREE

**Topic:** The Healthy Brain: Maintaining Mental Skills with Age

**Workshop Leader:** Barbara Malamut, PhD

As a licensed psychologist practicing clinical neuropsychology for over 22 years, Barbara has conducted research on memory and aging and co-edited the book "Clinical Neurology of the Older Adult". She is affiliated with the Hospital of the University of Pennsylvania and with Thomas Jefferson University Hospital. Plan to join Barbara as she shares easy-to-understand science-based exercises which are shown to improve mental acuity and a healthy brain throughout life. Join her for this interactive experience.



Date: Tuesday, May 13th  
Time: 12:00 - 1:30 p.m.  
Location: Friends Center  
1501 Cherry Street  
Philadelphia, PA

Friends Life Care Member Tuition: \$25

FitC Member Tuition: \$30

Non-Member Tuition: \$35

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## **Details for Workshop Series:**

**Topic: Rhythm for Life: Drumming for Relaxation, Meditation, and Fun**

**Workshop Leader: Deke Kincade**

Address stress, improve the immune system, release negative emotions, express yourself AND have lots of fun! Professional musician Deke Kincade has more than 20 years of experience leading drum circles. He facilitates so everyone experiences the benefits of drumming. Whether you are an experienced musician or have never played an instrument, Deke's patience, skills and insight ensures everyone has fun. No experience is needed and instruments are provided.

*2 Locations and 2 Series are Available*

Date: Wednesday April 23, 30, and May 7

Time: 1:30 – 3:00 p.m.

Location: Friends Center City  
1501 Cherry Street  
Philadelphia, PA

Date: Tuesday, May 20, 27 and June 3

Time: 1:30 - 3:00 p.m.

Location: Osher Lifelong Learning Institute  
2700 Pennsylvania Avenue  
Wilmington, DE

Friends Life Care Member Tuition: \$35

FitC Member Tuition: \$45

Non-Member Tuition: \$50

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**Topic: C.A.L.M. Techniques for a Centered Life**

**Workshop Leader: Tina Devine, MA**

Concentration, awareness, life reflection and movement combine in an engaging interactive practice geared to help you live from a calm center of experience. Discover how to increase mental and physical flexibility while increasing internal reflection and personal awareness. Tina Devine has trained extensively with teachers from both the yogic and Buddhist traditions and uses her skill as a storyteller to guide you in this transformative life practice. You will receive guidelines for use between class and a relaxation CD. Please wear comfortable clothing and bring your sense of humor along.

Date: Thursday, April 24 and May 1, 8, 15, 22, and 29

Time: 1:30 – 3:00 pm

Location: Salem United Church of Christ  
186 E. Court Street  
Doylestown, PA

Friends Life Care Member Tuition: \$60

FitC Member Tuition: \$70

Non-Member Tuition: \$80

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**Topic: The Anti-Inflammatory Foods Fix**

**Workshop Leader: Carmel Rickenbach, MS, RD, LDN**

Increasing evidence indicates chronic inflammation can damage the body and may be the underlying cause of many serious illnesses once associated with aging. Carmel Rickenbach, a private registered dietitian with more than 25 years of experience, will explain the common causes and risk factors associated with inflammation. She will discuss how the brain is related to the gastrointestinal system and normal immunity. Sign up for this 3-part series and get the answers you need to make practical dietary changes that help prevent inflammation and promote healthy living.

Date: Wednesday, May 14, 21 and 28

Time: 4:30 – 6:00 pm

Location: Friends Center  
1501 Cherry Street  
Philadelphia, PA

Friends Life Care Member Tuition: \$70

FitC Member Tuition: \$80

Non-Member Tuition: \$90

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