



# AGENDA

## Enhance®Fitness Annual Meeting

Thursday June 14, 2018 - Lansing Community College West Campus – 10:30 a.m. – 3:30 p.m.

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| <b>10:00 – 10:30 a.m.</b> | <b>Registration and Continental Breakfast</b>  |
| <b>10:30 a.m.</b>         | <b>Welcome and MI Enhance®Fitness Update</b><br>Michigan Arthritis Program   |
| <b>10:45 a.m.</b>         | <b>Effective Communication Strategies for People with Dementia</b><br>Lauren Cetnar, BAA, Alzheimer’s Association  |
| <b>11:30</b>              | <b>Cognitive Cardio: Memory Moves for Participants with Dementia and Other Cognitive Disabilities</b><br>Stephanie Putansu, Mecosta County Senior Center           |
| <b>Noon</b>               | <b>Lunch and Networking</b>  |
| <b>12:45 p.m.</b>         | <b>Exercising Personal Emergency Preparedness</b><br>Kerry Chamberlain, PhD, Bureau of EMS, Trauma and Preparedness  |
| <b>1:15 p.m.</b>          | <b>Exercise: An Effective Intervention for Improving Physical Function and Quality of Life in Older Adults</b><br>Wanda Gunderson, MA, Washtenaw Community College |
| <b>2:15 p.m.</b>          | <b>Break</b>   |
| <b>2:30 p.m.</b>          | <b>Skills Refresher: Cardio</b><br>Esther Nichols, NKFM<br>Y Instructor  |
| <b>3:30 p.m.</b>          | <b>Wrap-up &amp; Adjourn</b>   |