Upcoming workshops for fall

2 diabetes better manage their health. Anyone with type 2 diabetes and speak Spanish should attend the workshop. Family caregivers and friends of those with diabetes also are invited to attend.

Tornado Control de su Diabetes begins Tuesdays, Sept. 5-Oct. 10, 6-8:30 p.m., at the Davis Hospital Medical Plaza (830 West Antelope Drive, Layton).

Living Well with Chronic Conditions Workshop
Living Well with Chronic Conditions is a workshop series that educates and helps participates balance and improve their health if they have chronic conditions such as arthritis, high cholesterol, hypertension, obesity, stroke, smoking, anxiety, depression, or employism. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

The next Living Well with Chronic Conditions Workshop series begins Wednesdays, Sept. 20-Oct. 18, 10 a.m.-12:30 p.m., at the University of Utah Fairfield Health Center (115 North University Avenue, Farmington). To register or for more information on any of the workshops, call Morganne Housley 801-525-5087.

Senior Day at Davis County Fair
Don’t miss Senior Day at the Davis County Fair on Tuesday, Aug. 17. Activities include providing free health screenings and education. Next, Apple Village/Apple Tree has lined up a guest speaker and will be providing lunch at noon. The fun continues at 1 p.m. with trivia and entertainment provided by the Bingo Band. Pick up your free ticket at the following locations:

• Apple Village Assisted Living, 9921 South, Clearfield
• Apple Village assisted Living, 5020 Mobile Home Lane
• Davis Hospital, 1008 Antelope Drive, Layton

Medicare 101 class scheduled during August
Davis County Health Department’s Senior Services offers a free one hour class about Medicare options, enrollment, and benefits. If you are turning 65 or preparing to retire, please join us for the following classes:

• Wednesday, Aug. 9, 6:30-7:30 p.m. – Centerville Library, 45 S. 400 W., Centerville.

For more information about the Medicare 101 classes, contact Marie Jensen at 801-525-5085 or email mariejensen@daviscounty-utah.gov.

Caregiver educational classes offered in Davis County
Senior Services is offering free classes for individuals who care for family members who are older and/or frail. These classes will be offered at two different locations on Thursdays, Aug. 23-30, 2-3:30 p.m.: Senior Activity Center (720 W. 9th Street), noon-noon 1 p.m. on Thursdays, and Hometown Senior Activity Center (720 W. 9th Street), noon-noon 1 p.m. A light lunch will be served. If you are interested, please RSVP to Megan Forbush at 801-525-5086.

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BY MORGANNE HOUSLEY
DHS Senior Services

Latinx Heritage Month
October is a celebration of the Latinx and Hispanic American experience in the United States. Davis County Health Department celebrates this month with activities to engage and support the community.

Davis County EnhanceFitness soon to begin

BY JACLYN SMITH
DHS Senior Services

on a table, not just on paper