

## Upcoming Opportunities:



- **Falls Prevention presentation (August 18)**

Learn how exercise can improve balance and stability and how we can build back strength and balance at any age. We'll assess your risk for a fall and discuss simple and practical ways to make your home fall-free. This class will be offered virtually on Zoom.

[Click here to register](#). Once you are registered, a Zoom link will be emailed to you. For more information, contact Lynn Amon at [lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org) or (651) 301-9445.

- **Learn about Volunteering with The Gathering (August 25)**

The Gathering is expanding its volunteer pool, and we'd love for you to consider joining us in making a difference! Attend this online info session to learn more about what volunteering with The Gathering is like.

**Click here to register.** Once you are registered, a Zoom link will be emailed to you. For more information, contact Melanie Jagolino, at (651) 632-5499 or [mjagolino@lyngblomsten.org](mailto:mjagolino@lyngblomsten.org).

• **A Matter of Balance (September 12–October 31)**

Open to older adults ages 60+. Connect with others as you discuss changes you can make to your environment for fall prevention and learn techniques for increasing your activity.

**Click here to register** and [click here](#) for class details. For more information, contact Lynn Amon at [lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org) or (651) 301-9445.

• **The Healthy Brain presentation (September 22)**

Can your brain span match your life span? Join 2nd Half with Lyngblomsten for a presentation that will teach you strategies you can use to help ensure a healthier brain based on four things you can do now for mental fitness.

[Click here](#) for more information.

• **Memory Collective (September 27–November 17)**

The Memory Collective is an eight-week online enrichment class for adults experiencing memory loss. Participants join a supportive community with others on a similar journey and, collectively, discover ways to keep living their best life possible.

[Click here](#) for more information, including how to register.

• **Living Well with Chronic Conditions (September 28–November 2)**

Open to adults ages 60+ with any chronic health condition (e.g., diabetes, Parkinson’s disease, arthritis, etc.). Create an individualized action plan for managing your chronic health condition and receive support from your peers as you seek to put your plan into practice. This class will be offered virtually on Zoom.

[Click here to register](#) and [click here](#) for class details. For more information, contact Lynn Amon at [lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org) or (651) 301-9445.

• **Becoming a Dementia-Friendly Faith Community presentation (October 1)**

Learn ideas for becoming a more welcoming and dementia-friendly faith community.

**Registration required.** [Click here](#) for more information and registration details.

If you have questions about these opportunities or anything else offered through 2nd Half with Lyngblomsten, feel free to contact us at (651) 632-5330 or [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org).

*Some of the classes above are offered through the [Juniper network](#) in partnership with the [Faith Community Nurse Network of the Greater Twin Cities](#). There is no cost to attend but donations are greatly appreciated to either the [Faith Community Nurse Network of the Greater Twin Cities](#) or the [Lyngblomsten Foundation](#).*



**Engage-Discover-Thrive**

**Memory Loss Enrichment  
Caregiver Support  
Resources to Churches  
Wellness Education**

[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)  
(651) 632-5330