



SPRING PROGRAMS OF INTEREST TO SENIORS

Better Sleep - Tuesday, May 7th at 10:30a.m.

Having trouble sleeping? Poor sleep is a common issue with seniors. Let's talk about the variety of causes and ways to work through sleep disturbances.

Maybe a better tomorrow is just around the corner!

Presented by Teresa Wendelberger, Synergy HomeCare.

Life Hacks and Scams - Tuesday, May 14th at 10:30 a.m.

Have you or anyone you know been a victim of a scam? Learn how to be a better informed consumer and how to protect yourself, your finances and your privacy from Scammers. ***Presented by Ruth Busalacchi***, Synergy

Homecare

“Brain Food” - Tuesday, May 21st 10:30 a.m.

You probably know what you eat can improve your overall health and wellness. Learn how we can nourish our body and our brain and reduce the risk for Dementia. ***Presented by Ruth Busalacchi***, Synergy HomeCare.

About the Presenter: Ruth Busalacchi is the owner and operator of SYNERGY Homecare serving Southeast Wisconsin. SYNERGY Homecare employs over 100 professional caregivers who work with more than 150 clients ranging from companion care to 24/7 live-in care. In addition, Ruth and her team offer free Educational Events to local Seniors.

All programs in **Fadow Room** at **Franklin Public Library**

Registration appreciated!

Call the Franklin Health Department at 414-425-9101

