

# 50+ Speaker Series



Join us at the 50+ Speaker Series to learn more on a wide range of subjects that are important as we age.

These programs aren't just for seniors. Caregivers, adult children and others can benefit also from the information shared.

November 6

***"Fix It Safe" Food Safety practices at home or away.  
Clear, Separate, Cook and Chill***

Michigan State University Extension



November 13

***Neil King Physical Therapy -  
Techniques that can help relieve chronic pain.***

Mario Palomino Southfield NKPT Clinic Director



November 20

***Oakland Livingston Human Service Agency's  
Grandparents Raising Grandchildren (GRG) Program***

Lisa Grodsky, Community Services Coordinator, OLHSA



**Free Admission**

**Wednesdays from 8:30-9:30 am**

**Southfield Pavilion, 26000 Evergreen Road**

**Please call Senior Services at (248) 796-4650 for details.**



Individuals with special needs who plan to attend this program should contact Senior Services at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.