



Diagnosing Alzheimer's

Are you beginning to wonder if your loved ones lost keys have a greater significance now than when they were younger? Have they recently blamed mild forgetfulness as just a normal sign of aging? If so, they are not alone.

Alzheimer's, the most common form of dementia, often goes unrecognized or is misdiagnosed, particularly in its early stages. However, there are many benefits to an early diagnosis. If you begin to recognize the signs of Alzheimer's with your loved one, schedule an appointment with a physician for an evaluation. Early detection will provide them with the opportunity to seek treatment and enables you to help them plan for the future while they are better equipped to make such decisions.

Signs of Alzheimer's Disease:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images or spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

However, forgetfulness doesn't always result in an Alzheimer's diagnosis. To keep your brain healthy and in tip-top mental shape, incorporate these tips into your life:

Exercise – Physical activity increases blood flow, nourishing brain cells.

Eat Right – A balanced diet is beneficial to keeping your brain healthy.

Don't Smoke – Smoking endangers the heart thus the brain's blood supply.

Get Regular Physicals – Controlling factors of your health (blood pressure, diabetes, etc.) is paramount to preventing a stroke.

Recent studies report that Alzheimer's affects up to 5.4 million Americans. Join TEAM LifeWise for the **Walk to End Alzheimer's** on October 22 and

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How to Go Green: Back to the Basics

Have you felt overwhelmed with all of the suggestions and talk on how to live a greener life? If so, we have brought "going green" back to the basics. Here are a few simple, everyday ways to live a healthier and greener life:

1. Save Energy – Turn off the lights when you leave a room. Turn down your thermostat (for every degree you turn down your thermostat you'll save between 1 and 3% on your heating bill).

2. Save Water – Turn off the water when you aren't using it (for example, while brushing your teeth).

3. Save Trees – Pay your bills online. You can also view the LifeWise newsletter online at www.stfrancishealth.org/lifewise.

Contact us: (864) 255-1325 • FAX 679-8872
Lifewise@bshsi.org • www.stfrancishealth.org/lifewise
Visit us online to view the newsletter.

3 Health & Wellness
Wise Women

6 Club Life
Wise Wheelers and Snails hit the trail!

7 Social Scene

12 Members' Corner

Tuesday, September 20

“The new colorectal surgeon is a great guy, but I’d prefer to meet him at the LifeWise Lunch & Learn!”

TD Convention Center
(formerly Carolina First Center)
11:15 am – 1:00 pm

More talk about the “unmentionables!” Join us and meet Brian Sadowski, MD, who specializes in colon and rectal surgery. Dr. Sadowski will offer the latest in diagnosis and treatment of disorders of the colon, rectum and anus. There are many problems in this area that people face when aging and you’ll have an opportunity to learn about how many of these issues are treated by colorectal surgeons. Don’t be shy, come with your questions and you’ll take home some very important prevention and screening information.



Brian M. Sadowski, MD
Carolina Surgical Associates

Tuesday, October 18

Diagnosis and Treatment Options for Common Hand Problems

TD Convention Center
(formerly Carolina First Center)
11:15 am – 1:00 pm

The field of hand surgery deals with a wide variety of both surgical and non-surgical treatment of conditions and problems that may take place in the hand. Dr. Marc Tanner will discuss diagnosis, medical treatment, and surgical treatment options for common hand problems. He will address:

- carpal tunnel
- trigger finger
- CMC arthritis (Carpo Metacarpal arthritis) The most common site for degenerative arthritis is the joint of the thumb.



Marc A. Tanner, MD
Piedmont Orthopaedic Associates

All Lunch & Learns: \$6 per person

Registration and payment required by check or credit card by the Thursday before event. (We will no longer take cash payment at the door.)

Cancellation: Must be made by the Thursday before in order to transfer payment or receive refunds. LifeWise members only, but you are welcome to invite one time, a guest/potential member.

SUPPORTED BY:



Find Your NEW HealThySelf!

ST. FRANCIS millennium – 2nd Floor
2 Innovation Drive (off Laurens Rd.)

As a member of the HealThy Self gym you will have the keys to a healthier life. With hours to fit your schedule and amenities to meet all of your needs, you’ll see there’s something for everyone. Your HealThy Self Care Team will provide you with the knowledge and motivation you need to achieve your optimal health, and they’ll make certain you have fun while reaching your fitness goals!

Hours

Monday -Thursday 6:00 am – 8:00 pm
Friday 6:00 am – 5:30 pm
Saturday 8:00 am – 1:00 pm
Sunday - closed

Great discounts for LifeWise members! For more information and rates, please call 864-400-3651.

Other Health & Wellness Events

Friday, September 9

Will You Be New to Medicare?

ST. FRANCIS millennium
2 Innovation Drive (off Laurens Rd)
10:00 – 11:30 am

The I-CARE (Insurance Counseling & Referral for Elders) program of the Appalachian Council of Governments Area Agency on Aging will offer an information session for individuals approaching the time to sign up for Medicare. This program, presented by **Beverly Allen**, Appalachian Area Agency on Aging and a representative from the Social Security Administration, will include information about signing up for Medicare, an overview of Medicare, the Medicare prescription drug program and supplemental insurance to Medicare. Services that can be accessed through the Social Security and Medicare websites will also be featured.

Don't miss this opportunity to hear from the experts!

Beverly Allen, Appalachian Area Agency on Aging

FREE

Come with your questions, concerns, friends and family members. All are welcome to attend. Pre-registration is required.



Diagnosing Alzheimer's

CONTINUED FROM PAGE 1

unite in a movement to reclaim the future of millions and help raise awareness and funds for Alzheimer's care, support, and research. For more information on this event, please refer to page 5.

An Alzheimer's diagnosis is life-changing. The Alzheimer's Association of South Carolina is a great resource and support group for those who have been diagnosed and their families.

Alzheimer's Association of South Carolina
<http://www.alz.org/sc/>
864.224.3045

Be proactive in your health!

Thursday, September 8

Mind Body Sprit and Healing

TD Convention Center
(formerly Carolina First Center)
9:00 am – 4:00 pm

It's not too late! Contact us today to attend what will be a fabulous day planned just for wise women! You'll enjoy an active, refreshing day that will overflow with valuable health information, beauty and style demonstrations, great door prizes and more!

Our keynote speaker will be **John W. Simmons, MD**, Mind Body Skills Development trainer. He will be joined by: **Mary Ann Sudnick**, owner of Mariani's Boutique, **Patsy Glunt**, Beauty Consultant with Mary Kay and **Jennifer Buffington**, Hair Designer with 405 STUDIO.

Invite a friend – they don't have to be 55 or older – dress comfortably, wear comfortable shoes and come prepared to have an extraordinary experience!

Pre-registration is required. Seating is limited so we will not be able to take any walk-ins. You must register in advance!

\$8 pp



John W. Simmons, MD



Mary Ann Sudnick



Patsy Glunt



Jennifer Buffington

Coffee Talk

Tuesday, September 20

Hip & Knee Pain Seminar

ST. FRANCIS eastside, Classroom 301
2:30 pm

Do you suffer from hip or knee pain? If so, plan to attend this FREE hip & knee pain seminar. Participants will learn about the anatomy of knees and hips, common conditions that affect both, and treatment options, including discussion of joint replacement surgery. Attendees will also be able to see an orthopedic physician if they need an appointment. The seminar is open to LifeWise members and guests.

Renee VanArtsdalen, Physical Therapist

FREE

Please pre-register by calling Amy Malcomb at 864-213-4958

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Wednesday, September 28

4th Annual Joint Camp Reunion

ST. FRANCIS eastside
(Hospital Courtyard)
2:00 – 4:00 pm

If you're a Joint Camper or have had orthopedic surgery at ST. FRANCIS eastside, we want to celebrate! You are invited to join us for the 4th Annual Joint Camp reunion. You can enjoy some refreshments, catch up with your doctor, and reconnect with your group therapy gang! We'll also have lots of good health information and booths for you to visit! Feel free to bring your coach or a friend with you!

FREE

Please RSVP by September 23 to Amy Malcomb at 864-675-4094.

Thursday, October 20

A Tool Box for Seniors – Preventing Tumbling & First Aid Tips

Medical Office Bldg.
135 Commonwealth Drive
ST. FRANCIS eastside campus
Classroom 140
1:00 – 2:30 pm

Why stagger and stumble when you can be steady and stable? Do you have a “health toolbox?”

Falls are a leading cause of fractures in the older population, so come and learn some fun and challenging ways to improve your balance with everyday activities.

First aid tips will also be discussed, focusing on how to treat minor injuries at home and what you should have in your health “toolbox.” Learn about the kinds of injuries that can likely be taken care of at home and when a trip to the Emergency Department or doctor might be necessary.



Anne Doughty, PT, WCC & Meredith Dew, RN, BSN
St. Francis Wound Healing Center

FREE *Pre-registration is required.*

Saturday, October 22

Walk to END Alzheimer's

County Square
301 University Ridge

Check-in/Registration: 8:15 am

Pre- Walk program 8:30 am

Walk Start: 9:00 am



Mark your calendar for the 2011 Alzheimer's Association Walk to End Alzheimer's (formerly Memory Walk) and unite in a movement to reclaim the future for millions. With more than 5 million Americans living with Alzheimer's, and nearly 11 million more serving as caregivers, the time to act is now! Join TEAM LifeWise to help raise awareness and funds to enhance Alzheimer's care and support and advance critical research.

All LifeWise team members and donors giving \$10 or more will receive a TEAM LifeWise T-shirt.

Pre-registration is requested.

You can register for Team LifeWise online www.alz.org/walk. Follow the steps to Greenville and find the LifeWise team. If you don't have Internet access, you can register through LifeWise on the Sign-Up form or by calling 255-1325.

Saturday, September 24

Komen Race for the Cure

Fluor Field, 947 South Main Street



Join LifeWise members and friends as we team up with the St. Francis Team Faith in the fight against breast cancer. As part of Team Faith, we'll be connecting with St. Francis staff, family members and friends to help raise funds and WALK for the Cure. You can enjoy a 1 mile walk or run or a 5K walk or run.

Can't lace up your walking shoes this year? You can still raise money for the cure. Register to Sleep In for the Cure and we'll send you a comfy Komen Race for the Cure T-shirt to snooze the day away in!

Adult - \$25 (Walker or Runner, ages 15 & up)

Sleep In for the Cure - \$30

Pre-registration is required.

You can register for Team Faith online by following the steps below. If you don't have Internet access, you can register through LifeWise on the Sign Up form or by calling 255-1325.

1. Go to www.komenscmm.org/komen-race-for-the-cure/
2. Click Register (left side of screen).
3. Click **Join an Existing Team** (right side of screen).
4. Search for **Team Faith** (results at bottom of screen).
5. Hit JOIN!

Thanks for supporting the **Komen Race for the Cure & Team Faith!**

St. Francis Needs Your Support

In June, St. Francis filed a Certificate of Need application seeking approval from SC DHEC to provide radiation therapy services at a new cancer center to be built at the Millennium Campus. St. Francis is the only health system in the Upstate that treats cancer patients but does not have a radiation therapy program. Cancer patients, on average, receive 29 radiation treatments per case and there were approximately 500 patients treated for cancer at St. Francis last year who were eligible for radiation therapy but had to leave the St. Francis system to receive radiation treatments. We want to be able to provide this vital therapy to St. Francis cancer patients, as well as patients in the community who choose to seek care at a not-for-profit, faith-based health system, but we need your help. **If you would be willing to sign a letter of support for this project, please contact us at lifewise@bshsi.org or call the LifeWise office at 864-255-1325.** Also look for more information on this project via email and at upcoming LifeWise events.

LifeWise Snails

An outdoor walking group that walks at a “Snails” pace!

The Turtles Hiking group would like to invite you to walk with them on the 4th Wednesday morning of the month as they plan to walk the entire Swamp Rabbit in 2-3 mile sections each month until they have walked to the trail end north of Travelers Rest. If you’re interested in walking with the Turtles or would like more information, contact Fran Spicer at 864-297-8572 or email 29rainbow@bellsouth.net.



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Friday, October 21

Wise Wheelers

Linky Stone Park | 9:30 am

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Tuesdays

Intermediate Line Dancing

Temple of Israel | 10:00 – 11:30 am

This class is for those who have a strong grasp of the basic line dancing steps as well as having experience line dancing at the intermediate level.

No Classes on 9/27, 10/4 or 10/11.

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Wednesday, September 21, October 19

Shutter Bugs

Temple of Israel | 1:00 – 2:30 pm

At the September meeting we’ll have a film on “Travel Photography” and we’ll discuss a field trip in October to visit The Hagood Mill Historic Site & Folklife Center in Pickens, SC.

Don’t be camera shy! New members are always welcome!

Page Turners

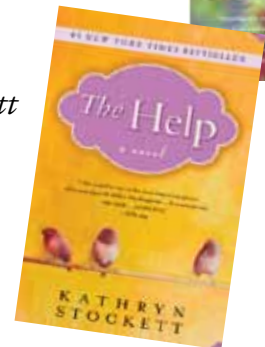
“The Living Room” at Homewood Residence
12 Boyce Avenue, Greenville

October 21*
10:30 am

Saving CeeCee Honeycutt
Beth Hoffman

November 11
9:30 am – 11:00 am

The Help
Kathryn Stockett



** This meeting will be held at Rolling Green Village where we’ll join their book club for our discussion.*

Cut It Out: Scrapbooking & Card-Making Club

Professional Medical Center
317 St. Francis Drive
Suite 250, Community Ministries
Conference Room

Friday, September 16
10:00 am – 1:00 pm

Hobby Lobby
Wade Hampton Blvd, Greer

Thursday, October 20
10:00 am – 1:00 pm

\$3 pp fee for supplies
(paper crafting only)

Other Learning

Wednesdays, September 14 – October 19

¿Habla Español?

Medical Office Bldg
135 Commonwealth Drive
ST. FRANCIS eastside campus
Classroom 140
2:30 – 3:30 pm

This series of six lessons is designed to help beginning Spanish students with the basics needed for further learning and study. The focus will be on vocabulary, basic grammar and verb conjugation. Each lesson will be a brief outline of the concept and will provide examples.

Taught by **Julia Tate, Interpreting & Translations Coordinator** at St. Francis, these classes are an excellent opportunity to learn basic Spanish and practice your conversational skills! Nos vemos pronto amigos!

FREE

Pre-registration is required. Non- LifeWise members welcome!



Wednesday, October 19

Books for Giving

First Citizens Bank, 325 W. McBee Avenue
1:30 – 3:00 pm

Get a head start on your 2011 Christmas shopping! Join us as **Jill Hendrix**, owner of Fiction Addiction on Woodruff Road, introduces us to some great books that make wonderful gifts to give at Christmas or any time of the year. Plan to bring your Christmas list (and your checkbook) because many of the books she mentions will be available for purchase. Free gift wrap will also be available.

Jill Hendrix, Owner of Fiction Addiction
www.fiction-addiction.com

FREE

Pre-registration is required. (We need to know for take-home materials & refreshments)

social scene

Meet and Eat

Pre-registration is required. Due to limited seating in restaurants, we cannot accept walk-ins.

Tuesday, September 27

J Peters

11:00 am | 15 Market Point Drive
(off Woodruff Road near Whole Foods)
www.jpetersgrill.net • 234-9688

Tuesday, October 25

Two Chefs

11:00 am | 104 S. Main Street, Greenville
(Inside the TD Bank Bldg. formerly Carolina First)
www.twochefsdeli.com • 370-9336

Tuesday, November 22

The Nose Dive

11:30 am | 116 S. Main Street, Greenville
www.thenosedive.com • 373-7300

Passport on a Plate

Pre-registration is required. Due to limited seating in restaurants, we cannot accept walk-ins.

Tuesday, September 6

Yia-Yia's At Night

(Corporate Deli during the day)

6:00 pm | 115 Pelham Rd. Suite 20; 233-0492

Tuesday, October 4

Sweet Basil

6:00 pm | 8590 Pelham Rd. #15; 627-4151
www.sweetbasilgreenville.com

Tuesday, November 11

Travinia's Italian Kitchen

6:00 pm | 1625 Woodruff Road; 458-8188
www.traviniaitaliankitchen.com

Meet the Author

Thursday, September 15

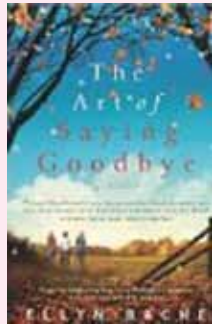
First Citizens Bank | Meeting Room
325 W. McBee | 10:00 – 11:30 am

Ellyn Bache

LifeWise welcomes back award-winning writer **Ellyn Bache** as she introduces her newest novel, **The Art of Saying Goodbye**. *“This is a moving, gratifying, and inspiring reminder to live life to its fullest and demonstrate love in every possible way to friends and family.” - Publisher’s Weekly.* Join us and hear more about her book based on something that really happened in the neighborhood where she once lived and read about how friends embark on a powerful journey of transformation that would touch them all.



Ellyn Bache



FREE

*Pre-registration is required. (We need to know for take home materials & refreshments.)
Please call LifeWise if you need directions.*

Friday, September 30

Gatti –Town BINGO

Gatti-Town, 1040A Woodruff Road
11:30 am – 2:00 pm

Can’t get enough BINGO? Enjoy all the fun that Gatti-Town has to offer. Our day will begin with lunch at their great salad bar and the pasta & pizza buffet. After lunch we’ll go into the “Bingo Hall” and play Bingo for some fun & exciting prizes. Plan on a wonderful day, seeing old friends and making new ones. Hope to see you there!

\$5.25 pp *Pre-registration is required.*

Tuesday, September 13 & 27

Diversity in Greenville
Faith Communities

8:15 am – 4:00 pm

Greenville is a city with a wide diversity in faith communities that greatly complements our city. We believe that it’s very important to understand our differences in order to recognize and understand our sameness.

Don’t miss this fascinating experience and extraordinary opportunity to visit a number of different faith communities, learn more about them and gain a better understanding of their history and commitment.

Motorcoach transportation will be provided to all stops and we’ll stop for a mid-day (Dutch) lunch. You can register for one day only or both. These tours are open to **LifeWise members only**. Space is limited – registration will be first come – first served.

Dutch Lunch

No charge for tours

*Pre-registration is required. Seating is limited.
Meeting location will be sent with confirmation letter.*

Thursday, October 27

Wise Wanderers

First Citizens Bank, 325 W. McBee
(Call LifeWise if you need directions.)
1:30 – 3:00 pm

We’ve been busy planning our 2012 travel adventures with Collette Vacations! **Carl Crews**, Collette Vacations District Sales Manager-Western Carolinas, will highlight upcoming destinations to the Southwest USA and Tuscany, Italy. Don’t forget your calendar and be sure to invite your friends and travel buddies!

FREE

Pre-registration is required. (We need to know for materials & refreshments.)

2012 LifeWise Trips



March 13-22, 2012
Discover Tuscany



October 13-22, 2012
Trains & Canyons of the Southwest



November 8-12, 2012
Branson Musical Holiday



December 29, 2012 -
January 2, 2013
Back by Popular Demand!
California New Year's Getaway
featuring the Tournament of
Roses Parade



October 11 & 12

Callaway Gardens & Warm Springs, GA

Enjoy a wonderful overnight trip with LifeWise to beautiful Callaway Gardens in Pine Mountain, GA and The Little White House in Warm Springs, GA.

Our guided tour of Callaway Gardens will include the **Cecil B. Day Butterfly Center**.

On day two we'll tour the "Little White House," the FDR Memorial, the pools and springs, and the FDR Memorial Museum.

This trip includes: Motorcoach transportation; lunches; all admissions; 1 night accommodations @ Mountain Creek Inn with dinner and breakfast; all gratuities and taxes; luggage handling; and services of Emerald Tours and Cruises Manager.

\$250 pp dbl; \$229 pp triple; \$227 pp quad.

We still have a few seats available. Please call for availability. Payment in full is required with your reservation.

PLEASE NOTE: Our cancellation policy for **ALL** trips and tours, in order to receive a full refund, is **two weeks** prior to the trip or tour, unless specified differently.

R.S.V.P. LifeWise makes every effort to offer quality programs on relevant topics that are free of charge or at a very low fee. Please help us by pre-registering for all programs, whether there is a charge or not. Pre-registering helps us to plan for the amount of space that we need and the amount of food/lunches to order, if refreshments are provided. Thank you!

EMAIL We're updating our records. If you're not hearing from us occasionally by email, we may have an incorrect email address for you. Please send your current/correct email address to us at lifewise@bshsi.org.

health & wellness

Wise Women

Thursday, September 8
TD Convention Center
(formerly Carolina First Center)
9:00 am – 4:00 pm

Will You be New to Medicare?

Friday, September 9
ST. FRANCIS millennium Community/Education Room
10:00 – 11:30 am

Lunch & Learn

Tuesday, September 20
Tuesday, October 18
TD Convention Center
(formerly Carolina First Center)
11:15 am – 1:00 pm

Hip & Knee Pain Seminar

ST. FRANCIS eastside Classroom 301
2:30 pm

Joint Camp Reunion

ST. FRANCIS eastside Hospital Courtyard
2:00 – 4:00 pm

Komen Race/Walk for the Cure

Saturday, September 24
Fluor Field, 947 S. Main St.
7:30 am Opening Ceremonies
8:00 am 5K Run/WALK
8:20 am 1 Mile WALK

Coffee Talk

Thursday, October 20
Medical Office Building
135 Commonwealth Drive
Classroom 140
(On the campus of ST. FRANCIS eastside)
1:00 – 2:30 pm

WALK to END ALZHEIMER'S

Saturday, October 22
County Square
301 University Ridge
8:15 am Check In
8:30 am Pre-walk Program
9:00 am Walk Starts

club life

Intermediate Line Dancing

Tuesdays
Temple of Israel
10:00 am – 11:30 am

Spanish Class

6 Wednesdays, starting September 14 through October 19
Medical Office Building
135 Commonwealth Drive
Classroom 140
(On the campus of ST. FRANCIS eastside)
2:30 – 3:30 pm

“Books for Giving”

Wednesday, October 19
First Citizens Bank
325 McBee Ave.
1:30 – 2:30 pm

Page Turners

Friday, September 9
Homewood Residence
9:30 – 11:00 am
Friday, October 21
Rolling Green Village
10:30 am

Cut It Out

Note day & location change:

Friday, September 16
Community Ministries Conference Room
317 St. Francis Drive
Suite 250
10:00 am – 1:00 pm
October 20
Hobby Lobby, Greer
10:00 am – 1:00 pm

Shutterbugs

Wednesday, September 21 & October 19
Temple of Israel
1:00 – 2:30 pm

LifeWise Snails

4th Wednesday morning of month (Call Fran @ 297-8572 for details.)

Wise Wheelers

Friday, October 21
Linky Stone Park
(“Under the Bridge” downtown)
9:30 am

social scene

Meet the Author

Thursday, September 15
First Citizens Bank
325 McBee Ave.
10:00 – 11:30 am

Gatti-Town BINGO

Friday, September 30
11:30 am – 2:00 pm

Meet & Eat

Tuesday, September 27
J Peters
11:00 am
Tuesday, October 25
Two Chefs
11:00 am
Tuesday, November 22
NoseDive
11:30 am

Passport on a Plate

Tuesday, September 6
Yia-Yia's “at night”
6:00 pm
Tuesday, October 4
Sweet Basil, Pelham Road
6:00 pm
Tuesday, November 1
Travinia's Italian Kitchen
6:00 pm

trip takers

Callaway Gardens & Warm Springs GA

Tuesday & Wednesday
October 11-12

Diversity Tour 1

Tuesday, September 13
8:15 am – 4:00 pm

Diversity Tour 2

Tuesday, September 27
8:15 am – 4:00 pm

Wise Wanderers

Thursday, October 27
First Citizens Bank
1:30 – 3:00 pm

SAVE THE DATE!

LifeWise Annual Christmas Luncheon

Friday, December 2, 2011
TD Convention Center Ballroom
(Formerly the Carolina First Center)

Christmas at Biltmore Estate

Friday, December 16, 2011

registration

1. Indicate events you'd like to attend, and add your name, address and other information as shown.
2. For events that require payment, you may pay by cash, check or credit card. Please submit with this form.
3. **Once complete, mail form and payment to: St. Francis LifeWise, 1 St. Francis Drive, Greenville, SC 29601.**

Date	Event	Qty	Price	Total
September 6	Passport on a Plate		DUTCH	
September 8	Wise Women		\$8	
September 9	Will You be New to Medicare?		FREE	
September 13	Diversity Tour 1 (Dutch Lunch)		FREE	
Sept.14 – Oct. 19	Spanish Class		FREE	
September 15	Meet the Author		FREE	
September 16	Cut It Out		FREE	
September 20	Lunch & Learn		\$6	
September 24	Komen Race/WALK for the Cure		FREE	
September 27	Diversity Tour 2 (Dutch Lunch)		FREE	
September 27	Meet & Eat		DUTCH	
September 30	Gatti-Town BINGO		\$5.25	
October 4	Passport on a Plate		DUTCH	
October 11	Callaway Gardens & Warm Springs, GA		\$299 pp single	
October 11	Callaway Gardens & Warm Springs, GA		\$250 pp dbl.	
October 11	Callaway Gardens & Warm Springs, GA		\$229 pp triple	
October 11	Callaway Gardens & Warm Springs, GA		\$227 pp quad	
October 18	Lunch & Learn		\$6	
October 19	Books for Giving		FREE	
October 20	Coffee Talk		FREE	
October 22	WALK to END Alzheimer's Disease		FREE	
October 25	Meet & Eat		DUTCH	
October 27	Wise Wanderers		FREE	
November 1	Passport on a Plate		DUTCH	
			TOTAL	

*Name _____

Guests:

Phone _____

*Name _____

*Address _____

*Phone _____

City/State/Zip _____

*Address _____

Email Address _____

*Name _____

Check # _____

*Phone _____

Credit Card # _____

*Address _____

Exp Date _____

***REQUIRED**

RETURN SERVICE REQUESTED

members' corner We want to hear about your special dates! Call or email us so we all can celebrate!



Anniversary:

Helen and John Boyle celebrated their 55 wedding anniversary on August 11.

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If you have a milestone birthday or anniversary during November or December, please let us know by October 4 so that we can add the news to our Nov/Dec issue of wise words. **Photos are welcome!**

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Having a Great Time Under the Big Top!



Are You Planning to Move? If you are planning a move, please send us your new mailing address and phone number so that we can update our records and you won't miss a single wise words or other correspondence from LifeWise.