

# WISDOM 2013

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The Baltimore City Health Department's Office of Aging & CARE Services, presents a 13-month workshop series entitled **Waxter Wisdom**.

**Waxter Wisdom** is a free workshop series geared toward the older adult population, the disabled and our professionals. The free, full-day, workshop series will take place every month at the Waxter Senior Center.

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## PARTICIPATE NOW!

**Waxter Wisdom** gives you the opportunity to be your own advocate. By learning the most up-to-date information regarding medical & financial matters, you are able to make informed decisions regarding your life. Professionals and consumers of Baltimore City are encouraged to attend.

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Workshops will take place the 2<sup>nd</sup> Wednesday of every month:

**12/12/12 - Long-term Care & Decision Making** (Morhaim, Dunn, Gilchrest)

**1/9/13 - Sex & Older Adults** (Dr. Chaulk & Joan Garrity)

**2/13/13 - Hoarding/Mental Health** (Resnick & MGA)

**3/13/13 - Caregiving** (BCHD OACS & Children & Family Services)

**4/10/13 - Financial Security** (Balt Cash Campaign)

**5/8/13 - Alzheimer's Disease** (John Hopkins)

**6/12/13 - Elder Abuse** (MD Dept. of Aging)

**7/10/13 - Chronic Diseases** (Dr. Copes of Coppin U)

**8/14/13 - AARP Programs for Seniors** (AARP)

**9/11/13 - Important Legal Decisions** (BAR Assoc.)

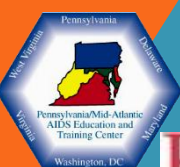
**10/9/13 - Substance Abuse** (BSAS)

**11/13/13 - Advocating for Older Adults** (USM)

**12/11/13 - Medication Management** (U of MD Pharmacy)

CEU's are available!

For questions or further information, please contact (410) 396-4932



Mayor Stephanie Rawlings-Blake  
Baltimore City Council

Dr. Oxiris Barbot, M.D., Commissioner of Health  
Arnold Eppel, Director, Office of Aging & CARE Services