

Date	Speaker	Topic	Room
January 11, 2023	Michael Roizen, M.D.	The Mechanisms of Aging: Why Physical Activity Can Lead to a Healthier, More Vigorous Life	Virtual
February 1, 2023	Jim Perko CEC, AAC	Making Side Dishes the Center of Your Plate!	Virtual
March 1, 2023	Laura Hoeksema, MD, MPH, FAAHPM	Square Circles: Making Sense of Unanticipated Experiences	Virtual
April 5, 2023	Mladen Golubic, MD, PhD, FACLM	Plant Based Nutrition and Environmental Sustainability	Virtual
May 3, 2023	Robert Saper, M.D.	Mindfulness	Virtual
June 7, 2023	Param Srikantia, Ph.D.	Emotional Wellness	Virtual
July Summer Break			
August Summer Break			
September 6, 2023	Amy Gibbs, M.Ed., RD, LD	Nutrition	Virtual
October 4, 2023	Megan Kruse, M.D	Breast Cancer Treatment and Prevention	Virtual
November 1, 2023	Mary Tracy, M.Div., BCC	Spiritual Care	Virtual
December 6, 2023	Candice Price, DC	Managing Mechanical Foot Pain	Virtual