



Key Dates: October 2009

Sept. 24, 2009

FOR IMMEDIATE RELEASE

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Free, Low Cost Programming Set for October

Call (937) 384-4884 for added details on these Kettering Medical Center wellness programs. Registration is required for all programs unless otherwise indicated.

AARP Safe Driving Class

This course is designed to sharpen driving skills. Some insurance companies give lower rates to participants. All in classroom instruction; must present AARP membership card for discounted rate. Registration is required.

Date/Time: Oct. 8, noon – 4:30 p.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Cost: \$12 AARP members, all others \$14

Free Depression Screenings

Kettering Behavioral Medicine Center is committed to improving the quality of life of the people in the communities we serve through comprehensive psychiatric and behavioral health care and education. This Free Depression Screening is available for adolescents and adults.

Date/Time: Oct. 8, 8 a.m. - noon and 3 to 7 p.m.

Location: Kettering Behavioral Medicine Center,

5350 Lamme Road, Kettering

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Advance Directives (Living Wills and Durable Power of Attorney)

Learn what needs to be done legally to assure that your wishes are known in the event of an emergency. Paperwork will be filled out at this short session and a Notary Public will be on hand.

Date/Time: Oct. 20, 10 – 11:30 a.m.

Location: Conover Health Plus, 333 Conover Dr., Suite D, Franklin

Cost: Free

Lung Screening

A respiratory therapist will take your health history followed by a breathing test to determine breathing function. Results will be read by a KMC physician and mailed to you.

Date/Time: Oct. 30, 10 a.m. to 3 p.m

Location: Sycamore Health

Center, 4000 Miamisburg-Centerville Road, Miamisburg

Cost: \$3 Years Ahead Plus+ members; all others \$5

Flu Shots

The CDC advises anyone who wants to reduce the chances of coming down with the flu can get vaccinated. KMC Community Wellness offers flu shots to **adults** each fall. For information on dates, times and locations, please visit our website at khnetwork.org_wellness or call or office at (937) 384-4857 or 800-888-8362.