



JCC Greater  
Boston

# Wellness Event Series

## Achieving a Good Night's Sleep

Receive expert advice for achieving consistent and quality sleep. What are the best practices for falling and staying asleep? When is it appropriate to take a sleep aid and what are the pros/cons of different medications? Learn about common sleep disorders, how they can be treated and when to seek medical advice.

**Wednesday, December 12 • 7-8:15pm**

**Melanie Pogach, MD** – Sleep Disorders Clinic, Beth Israel Deaconess Medical Center

**Rena Holzer, NP** – Sleep Disorders Clinic, Beth Israel Deaconess Medical Center

## Stay Active with Joint Pain

Pain is our bodies' way of alerting us that something is wrong. But with today's active lifestyles, no one wants to restrict their activities due to pain. Learn about the causes of joint pain, why pain occurs and treatment options including exercise, stretching, medication and surgery. Light stretching and exercise demonstrations offered; comfortable clothing recommended.

**Wednesday, March 27 • 7-8:15pm**

**Jacob Drew, MD** – Orthopaedic Surgery, Beth Israel Deaconess Hospital – Needham

## Strategies to Maintain Brain Health and Prevent Memory Loss

Forgetfulness is a complaint we hear often as we get older. While learning and recalling information may take a bit longer than it did "back in the day," significant memory loss is not an inevitable result of aging and can be prevented. Whatever your age, learn what you can do now to proactively maintain mental sharpness and memory as you grow wiser.

**Wednesday, April 10 • 7-8:15pm**

**Daniel Press, MD** – Clinical Director, Division of Cognitive Neurology, Beth Israel Deaconess Medical Center

All events are free and open to the community.

To RSVP for an event or for more information, contact [groupfit@jccgb.org](mailto:groupfit@jccgb.org)



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