



Lunch & Learns

If you have any questions,
contact us at
313-664-2616



Zoom Link: <https://bit.ly/HBElunch>

Dial-In: 1-312-626-6799

Webinar ID: 954 9577 4535

Tech Talks!

Thursday, Sept. 8, 11:00 am-1:30 pm EST

Eastside Community Network

4401 Conner St, Detroit, MI 48215

Only IN-PERSON event: You must RSVP

Technology can be a great connector. Especially during the pandemic, new technologies have proven to be great tools to keep us in touch with our loved ones. Tech can also be quite confusing to use. Join us for our first Lunch & Learn of the fall as Bernadette Hudgins from the Golden Connection walks through the basics of computers and smart phones to help you gain clarity and stay connected!

Attendees should bring any devices they need assistance with (cell phones, tablets, computers, etc.).

Lunch will be provided. Due to limited capacity, RSVP is required.

To RSVP, please call 313-664-2616, and leave your name, the name of this event, what type of device you are bringing (e.g., iPhone, MacBook, HP Laptop), and your biggest question about technology.

*RSVP by Friday, September 2, 2022

Raising Our Cancer Awareness

Tuesday, Sept. 13, 11:00 am-12:30 pm EST

September is Prostate Cancer Awareness month and October is Breast Cancer Awareness month. Join us for presentations from various speakers on risk factors, prevention, and screening for cancer to protect your health and the health of your loved ones.

Health Literacy:

Better Communication for Better Health

Wednesday, Oct. 19, 11:00 am-12:30 pm EST

Health care providers give the best care when they understand patient needs, and patients are empowered to take control of their health by understanding health conditions and treatments. In this presentation, Katie Kero will talk about health literacy and tools to improve the communication between you and your physicians.

Medicare Open Enrollment: What You Need to Know

Thursday, Oct. 27, 11:00 am-12:30 pm EST

Medicare open enrollment is here! Join us for a conversation with Joyce Blair from the Ann Arbor Center for Independent Living and Michigan Medicare/Medicaid Assistance Program with updates about open enrollment and where to look for resources that offer additional support in the enrollment process.

Foster Grandparenting

Thursday, Nov. 3, 11:00 am-12:30 pm EST

Grandparents play an important role in the family, providing support, connection and wisdom. They serve as confidants, friends, and sometimes stand-in parents. Brooke Gow will share a presentation on the impact of and opportunities for foster grandparenting.

What's Going on Back There?

Back Pain Causes and Interventions

Wednesday Dec. 7, 11:00 am-12:30 pm EST

Back pain plagues many of us and can prevent us from doing the things we enjoy. There can be lots of different causes for pain in the back and many different routes for treatment. Join us for a conversation with Dr. Harvey Echols, MD, about the leading causes of back pain in older adults and what can be done to ease your pain.

JOIN OUR EVENTS BY PHONE OR COMPUTER

Webinars start at 11 am with presentations from 11:30 until 12:30 pm. You can join by computer to see and hear the presentation, or by telephone to listen to the presentation.

If you would like a reminder before the event, please RSVP at 313-664-2616 and leave a voice message with your name, phone number, and name of the webinar.