

# FREE Community Enrichment Classes

## for Adults/Seniors at the Oro Valley Community & Recreation Center

All classes are FREE and will be held in the Sunset Room at the Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive.

To register, call 520-544-1900.



### UNDERSTANDING JOINT CONDITIONS OF THE SPINE AND TREATMENT

Dr. Stephen Hanks, spine surgeon, will discuss common back injuries caused by aging joints. Dr. Hanks will explain how conditions like degenerative disc disease, compression fracture and lumbar stenosis are diagnosed using examination and x-ray/MRI imaging. Learn the current non-surgical treatment standards and the latest minimally-invasive surgical procedures to relieve pain for these injuries. Also learn the signs and symptoms of cervical stenosis.

**Date** Tuesday, July 7  
**Time** 11 a.m.  
**Instructor** Dr. Stephen Hanks

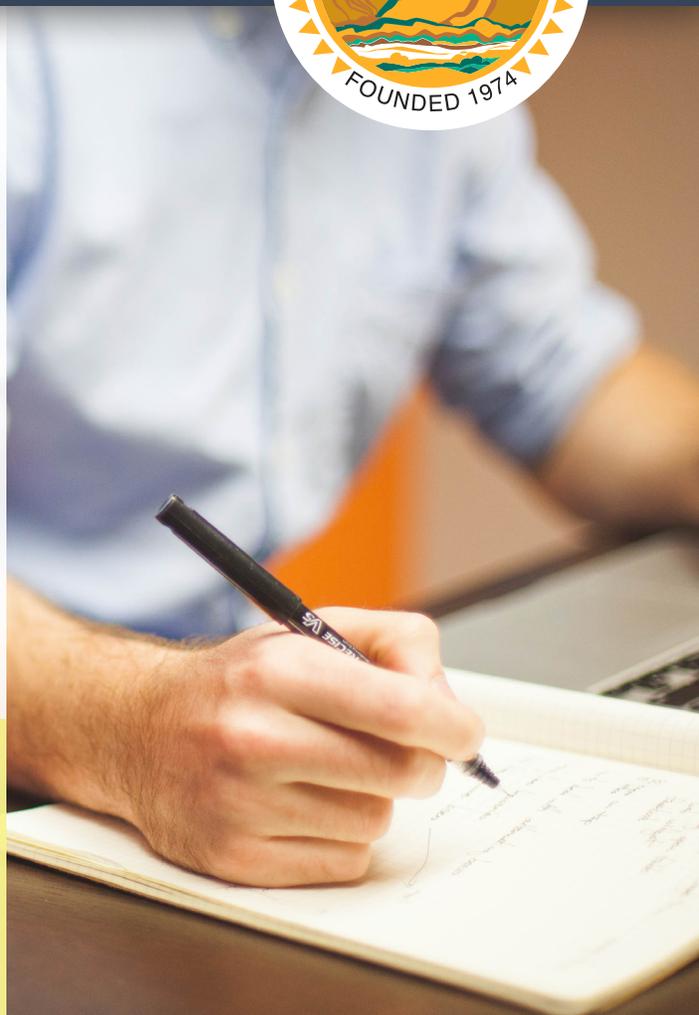
### AARP FOUNDATION FINANCES 50+

This three-part program is simple. Each 90-minute, interactive, in-person session is designed to help you build habits that can improve your financial situation:

- Budgeting and goal setting (part 1)
- Taking charge of credit and debt (part 2)
- Developing a savings plan and protecting your assets (part 3)

The sessions will give you a good handle on where you stand financially, plus simple, hands-on ways to make measurable progress toward your financial goals. This is not an investment class—it is a financial education class. It is encouraged that participants attend all three sessions; however it is not required.

**Date** **Part 1, Monday, July 13**  
**Part 2, Tuesday, July 14**  
**Part 3, Wednesday, July 15**  
**Time** **9 a.m.**



### DIABETES 101

Join Dr. Leila Wing in her overview to diabetes causes, treatments and implications for the healthcare system. She is a board certified endocrinologist specializing in the care of diabetic patients.

**Date** **Friday, July 17**  
**Time** **11 a.m.**  
**Instructor** **Dr. Leila Wing**

## COMPUTERS 101: I'VE TURNED IT ON. NOW WHAT?

Are you a newcomer to the world of computers? Does your computer elicit feelings of fear and frustration rather than pleasure and productivity? Then this is the course for you! It's back-to-basics as we establish a solid foundation for a healthy relationship with your computer. Topics include the ABCs of computer terminology, Windows 7 and 8 operating systems, Internet browsing and email. Bring your questions and get them answered!

Date **Wednesday, July 29**  
Time **9 a.m.**  
Instructor **Audrey Sharp, Heart to Harddrive**



## ONLINE SECURITY: PROTECTING YOURSELF IN THE DIGITAL AGE

Are you worried about identity theft, email hacking and virus attacks? Are you unsure whether you've taken the necessary precautions to keep yourself and your important information from prying eyes? Then this is the course for you! Don't let fear prevent you from enjoying all that modern technology has to offer. Topics include phishing and other scams, anti-virus and anti-malware apps, password protections for online accounts, and securing data on tablets and smartphones.

Date **Tuesday, August 18**  
Time **9 a.m.**  
Instructor **Audrey Sharp, Heart to Harddrive**

## DIVERTICULAR DISEASE

When should you worry about that abdominal pain? Diverticular disease and diverticulitis are related digestive conditions that affect the large intestine. Join Dr. Martin in a discussion about this disease, diagnosis and management.

Date **Thursday, August 20**  
Time **10 a.m.**  
Instructor **Dr. David Martin**

## THE WEEKEND WARRIOR AND THAT PROBLEM SHOULDER

Join a discussion covering common shoulder injuries. The focus of this talk will be on the prevention and treatment of common conditions such as rotator cuff tendonitis, rotator cuff tears and arthritis.

Date **Wednesday, August 26**  
Time **10 a.m.**  
Instructor **Dr. William Prickett**

