

## **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, June 16  
Time            11 a.m.  
Instructor     Dr. Steven Hanks

### **Are you tired of taking the purple pill?**

Learn about gastroesophageal reflux disease (GERD) and how to manage it with lifestyle changes options other than the purple pill.

Date            Thursday, June 18  
Time            10 a.m.  
Instructor     Dr. Martin

### **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. 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. Prickett