

# 60 & Better: Lunch N' Learn Series

A weekly educational series designed for adults age 60 and better. Each session features trusted local experts sharing practical information to support healthy, active, and informed living.

**Registration:** [KirbyHealth.org/60andbetter](http://KirbyHealth.org/60andbetter)

## April 2 | Medicare 101: Making Medicare Less Intimidating

**Presenter(s):** 360 Benefits Group

**Overview:** An easy-to-understand introduction to Medicare designed to reduce confusion and build confidence for adults navigating their options.

- Medicare Parts A, B, C, and D explained
- Common Medicare terminology
- Best practices for enrollment and coverage decisions
- Avoiding common Medicare mistakes
- Live Q&A; with Medicare experts

## April 9 | Services, Wellness & Staying Active

**Presenter(s):** Family Service & KMC Move Team

**Overview:** An overview of local resources and fitness opportunities that support emotional wellness, social connection, and physical activity.

- Counseling services and volunteer programs
- Community resource and support options
- Fitness memberships and age-friendly classes
- Aquafit, Cardio Drumming, and Silver Sneakers classes
- Benefits of staying active and engaged

## April 16 | Mental Health & In-Home Support

**Presenter(s):** Kirby Senior Life Solutions & Kirby Medical Center Mobile Integrated Health Team

**Overview:** Focused on mental health services and innovative in-home healthcare support designed for older adults.

- Intensive outpatient group therapy for depression and anxiety

- Mental health support related to life transitions and aging
- Free Mobile Integrated Health in-home services
- Support for individuals managing chronic conditions or living alone

## **April 23 | Food, Fun & Feeling Good**

**Presenter(s):** Kirby Culinary Medicine & Dr. Alina Paul, Kirby Medical Group

**Overview:** A light-hearted session featuring healthy cooking, nutrition education, and joyful approaches to wellness.

- Live healthy cooking demonstration
- Simple, nutritious recipes to support overall health
- Overview of monthly culinary medicine classes
- How singing supports physical, emotional, and social well-being