### THE HEALTH MINISTRY OF ST.PATRICKS CHURCH

PRESENTS

### SENESCENCE: HUMAN AGING How do we bring this life in for a soft landing?



#### WHAT IS SENESCENCE? WHAT CHANGES ARE OCCURRING IN YOUR BODY DURING THIS PERIOD? HOW DOES THIS AFFECT THE RISK OF CHRONIC DISEASE? WHAT CAN YOU DO ABOUT IT?

#### PRESENTED BY JAMES E. DOWD, MD, BOARD CERTIFIED RHEUMATOLOGIST. BOARD CERTIFIED IN INTEGRATIVE HOLISTIC MEDICINE.

# **FRIDAY NOVEMBER 8<sup>TH</sup>, 2013...9:15-10:45AM**

## ST.PATRICK CATHOLIC CHURCH MCCANN HALL 711 Rickett Road Brighton, MI 48116

### CONTINENTAL BREAKFAST

QUESTIONS ? CALL PARISH OFFICE 810-229-9863