

# ROME MEMORIAL HOSPITAL

## NEWS RELEASE

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### **Keeping Active and Having Fun Focus of Hospital's Senior Live & Learn program**

ROME – Everyone wants to feel better, have a good night's sleep and be happy. Recreational activities can help us do just that, explained Christina Dulan, quality of life coordinator for Rome Memorial Hospital's Residential Health Care Facility. "Keeping Active: Let's Have Fun" will be the December topic of Rome Memorial Hospital's monthly Senior Live & Learn program, a free educational outreach program designed for seniors.

Dulan will present the program at 1:00 p.m. Thursday, Dec. 8 at the Ava Dorfman Senior Citizens Civic Center, 305 E. Locust St.

"Keeping active and having fun doesn't have to stop just because we get older," Dulan said. "Active seniors find they sleep better, move better and experience a better quality of life. And, in order to stay active, it is important to enjoy what we are doing!"

Dulan will present:

- Activities to fit into your lifestyle;
- Ways to jump-start your mind; plus
- Tips for relieving boredom.

"Recreational activities are for all ages," Dulan explained. "They keep us active, mentally stimulated and happy."

"Live and Learn" is open to the public. Pre-registration is not required.