



**County Executive John R. Leopold**

**Department of Aging and Disabilities**

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For Immediate Release

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### **Brooklyn Park Senior Center activities for August**

Annapolis, MD (July 27, 2911) – The Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park, has announced activities for August. Call 410-222-6847 for information.

- A program on Zen Shiatsu, or finger pressure, a former of energy therapy within traditional Chinese medicine, will be presented by Jackie Churches from 10:30 to 11:30 a.m. Aug. 9 and from 10:30 to 11:30 a.m. Aug. 31 at the Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park. Energy is moved along energy paths of the body called meridians. For information, call 410-222-6847.

- A physician from the psychiatry department at The Johns Hopkins Hospital will give a lecture about “Mental Health of the Korean American Senior” from 10 to 11 a.m. Aug. 10 at the Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park. For information, call 410-222-6847.

- J.J. Beckwith of the Anne Arundel County Health Department will discuss “Symptoms of Heart Attack” and how they differ in men and women in a program at the Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park. The presentations will be given from 10 to 11 a.m. Aug. 17 and from 11 to 11:30 a.m. Aug. 22. For information, call 410-222-6847.

- A program on “Health and Mobility” will cover medical equipment such as wheelchairs, scooters, life chairs, walkers, and more at 10:30 a.m. Aug. 18 at the Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park. Annette Batson will answer questions and give equipment demonstrations following the presentation. Call 410-222-6847 for information.

- Paulette Thompson, a registered dietitian, will discuss “More Herbs, Less Salt” from 10:30 to 11:15 a.m. Aug. 24 and from 10:30 to 11 a.m. Aug. 29 at the Brooklyn Park Senior

Activity Center, 202 Hammonds Lane, Brooklyn Park. Learn how herbs can help you to reduce your craving for salt in your foods. For information, call 410-222-6847.

- Terry Marsh, a singer and songwriter, will perform old standards from noon to 1 p.m. Aug. 26 at the Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park. For information, call 410-222-6847.

The Brooklyn Park Senior Center is one of the county's seven senior activity centers operated by the Anne Arundel County Department of Aging and Disabilities.

*- Making Life Better -*