

Pathways to Wellness: Live Smart Lecture Series

This is a sample of the lectures we currently have in our lecture library. Each month, new topics are created and added to this list. Functional Pathways can customize presentation topics based on the needs and interests of the community.

- 7 Dimensions of Wellness
- Basics of Balance and Fall Prevention
- Beat the Heat: Hydration Awareness
- Benefits of Walking
- Better Hearing and Speech
- Bladder Control
- Body Mechanics
- Brain Food: The Science of Nutritional Cognitive Support
- Brain Matters: Brain Health and Function
- Breast Cancer Related Edema
- Breathing Techniques
- Building Better Bones
- Celebrating Independence
- Chemotherapy and Its Impact on Function
- Dealing with Osteoporosis
- Exercise as Medicine
- Fall Prevention
- Fighting Off Frailty
- Flex and Flow: The Art of Effective Stretching
- Functional Strength Training
- Great Outdoors Month
- Heart Health
- Here's to Hydration!
- Home Safety 101: The Basics and Beyond
- Improving Your Breathing; Improving Your Life
- Limber Living: The Essentials of Flexibility
- Living with Arthritis
- Low Vision
- Men's Health
- Month of Gratitude
- Music as Medicine
- New Year, New You
- Normal Aging
- Nutritional Awareness
- Occupational Therapy
- Parkinson's
- Pathways to Engagement
- Perfecting Your Pace: Insights into Gait Health
- Physical Therapy
- Season's Greetings
- Stress Management
- Strong Foundations: Maintaining Muscles and Confidence
- Steady Steps: Proactive Heart Health Practices
- Successful Sleep Habits
- The Aging Brain
- Urinary Incontinence
- Women's Health
- Word Retrieval Strategie

