

PRESS RELEASE



City of Bristol Tennessee

FOR IMMEDIATE RELEASE
Wednesday, September 13, 2017

CONTACT: Becky Olinger
Parks & Recreation
Phone: 423-764-4023
E-Mail: bolinger@bristoltn.org

Fall Evening Lectures and Seminars begin at Slater Center

Fall days get shorter and darker resulting in a lot of folks going home and just sitting down. “Bristol Tennessee’s Parks and Recreation has just the cure for that with their Fall Evening classes gearing up for the year,” said Becky Olinger. “We have an exciting series of lectures and seminars on a wide variety of subjects that stretches into late fall just before the holiday season gets into full swing.”

First in the series will be a program on Healthy Aging. What are the options we have besides taking prescription medications and surgeries for the issues we encounter as we age? Dr. Todd Muncy will be the presenter of this lecture at the Slater Center on Wednesday, September 20th at 6:30 pm in room 208. This program will be followed by a seminar on Diabetes, a chronic, lifelong condition that affects your body’s ability to use the energy found in food. Learn more about the symptoms, causes, and treatments in a lecture by Tim Perkins, System Director for Wellmont Diabetes Treatment Centers. The program is set for Monday, September 25 at 6:30 in room 208 at the Slater Center.

Three additional seminars will round out the series including a Knee Pain and Treatment Options lecture, a Vestibular Therapy session, and a Halloween Workshop where participants can create a craft to take home.

Each of the lectures or seminars has a \$3 fee and must be registered for in advance. Registration and payment may be done in person or online at bristoltn.recdesk.com. All classes will be hosted in the Slater Center located at 325 McDowell Street. For more information on classes and registration, please contact Becky Olinger by email bolinger@bristoltn.org or call 423-764-4023.

