

**THURSDAY**

**7-8:30 P.M.**

**EVENINGS**

## FREE COMMUNITY LECTURE SERIES

The Center for Lifelong Learning is in its second year of providing FREE lectures for our community. Area doctors, businessmen and historians have given their time to inform you of health, safety and historical knowledge that you might find of interest and help you in your everyday life.

**Lectures are absolutely FREE to everyone and you are encouraged to bring a friend!**

**For more information about FREE ADMISSION contact:**

### **Be Safe! No Matter the Situation**

#### **Executive Protection Systems of Winchester**

Have you planned an emergency escape route if something should ever happen in your home? The threat of natural disasters and crime is always present and being prepared with an "all hazards" approach improves the likelihood of a better outcome. Topics such as emergency preparedness, personal security techniques, first aid basics, and unarmed self-defense will be covered during this **FREE** lecture for our community.

You will be able to recognize a variety of techniques that can be used to improve or develop a plan to be **READY!**

**THURSDAY**  
**February 23, 2012**  
**7-8:30 p.m.**  
**Stimpson Auditorium**

### **Title: RIP! In Winchester? Not Necessarily!**

The RIP letters engraved on many grave markers in most cemeteries in the western world express the hope that the earthly remains of those buried will remain undisturbed. As for some Christians, they also express the belief that the body will be reunited with the soul on Judgment Day and this is another reason the body should remain undisturbed.

Many people driving by The Mount Hebron Cemetery believe it is our oldest cemetery; not realizing it did not begin until 1844 almost 100 years after several other cemeteries in the area. Several of those older cemeteries actually are within the grounds of Mount Hebron, while others have disappeared, some having been abandoned and others having been moved.

Learn the history of the many cemeteries in the Winchester area and reveal the stories how many bodies have been lost or moved, some multiple times and for various reasons. Is it possible to "rest in peace" in Winchester? Maybe.

**WEDNESDAY**  
**March 14, 2012**  
**7—8:30 p.m.**

### **Stimpson Auditorium Osteoporosis Roundtable:**

#### **Getting the Facts! Bone Health**

Dr. John Ghramm is moderating a presentation about your bone health, including fracture treatments and medications to stop calcium loss.

This will be a roundtable discussion with orthopedist, Dr. Larson and Dr. Kemp who along with Dr. Ghramm will discuss other bone issues you won't want to miss.

Dr. Ghramm, a local gynecologist who specializes in bone health, shares his work time with Bone Joint Specialists of Winchester, a local orthopedic group.

**THURSDAY**  
**April 5, 2012**  
**7-8:30 p.m.**  
**Stimpson Auditorium**