

FALL 2024

Lunch & Learns



All events are IN-PERSON free and open to the public (RSVP REQUIRED)

In-person events include free health screenings, resource tables, and free lunch. Due to limited capacity, you must RSVP prior to event date

313-664-2638

and leave a voice message with:

1. your name
2. phone number
3. name of the event



Thursday, August 8, 11 am to 2 pm

HBEC Health Resource Fair

LOCATION: Fellowship Chapel

7707 W Outer Drive, Detroit 48235

Join us at Fellowship Chapel for an open house resource fair! More than 25 vendors will share health-related resources, services, and programs available through our community partners! Each attendee will receive a lunch ticket at registration for free lunch at noon.

Thursday, September 19, 10:30 am to 1 pm

Hearing Loss & Cognitive Changes

LOCATION: Bethel A.M.E Church

5050 Saint Antoine St, Detroit 48202

While hearing loss can be a normal part of aging, it also affects various aspects of our lives and can be related to cognitive changes within the brain. Join us as we discuss the differences between normal hearing loss and possible cognitive changes in brain health as well as how to address these changes.

Thursday, October 17, 10:30 am to 1 pm

Scams: Protection & Prevention

LOCATION: Highland Park Recreation Center

10 Pitkin St, Highland Park 48203

Anyone can be scammed. Scams are becoming more sophisticated and harder to spot. Online scams, mail-based scams, and in-person scams are on the rise, many specifically targeting older adults. Join us for a discussion on how to recognize scams as well as how to protect yourself against them.

Thursday, December 12, 10:30 am to 1 pm

Managing Finances & Memory Changes

LOCATION: Patton Recreation Center

2301 Woodmere St, Detroit 48209

Managing finances can be challenging as we age, especially if we or a loved one experiences changes in memory or cognitive function. Join us for a discussion with Dr. Peter Lichtenberg of the Institute of Gerontology on how to navigate these changes and take precautions to maintain financial security and safety.

If you have any questions, contact us at 313-664-2616