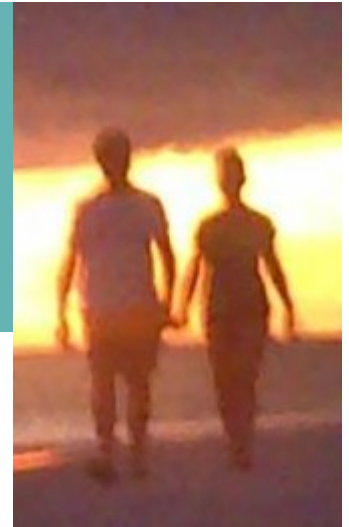


Seniors and Sexuality in the 21st Century

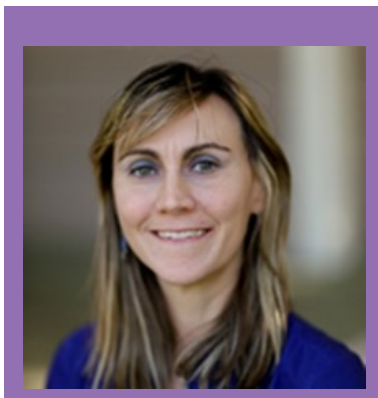


- **Current trends in sexual health for those over 60**
- **Understanding the importance of intimacy for your overall health including what happens in the body, (e.g. two hearts begin to beat in rhythm, the respiratory, hormone, and immune systems align, & other positive health effects)**

This class will explore these topics and includes time for anonymous Q & A.

You don't want to miss this event!!

**Monday, February 16th
2:30PM —3:30PM**



**Gulfport Senior Center, auditorium
5501 27th Ave, Gulfport, FL**

Heidi Crockett, MSW, CMC, is a Geriatric Care Manager with Aging Care Advocates. In this capacity, she advocates for seniors with an emphasis on intimacy and healthy aging. She's completed post-graduate training on sexual health with the University of Michigan and presents locally and nationally at conferences.

