

# Learning for Longevity: Men's Health



Andrew Adams, DO

Wednesday  
June 27, 2018  
11 am to 12:30 pm

Munson Community Health Center  
Rooms A&B  
550 Munson Ave  
Traverse City, MI 49686

Also available via the REMEC  
TeleHealth Network.  
For locations, call **231-935-9265**



American Sign Language interpreter services are available for this program at no charge. Please contact Tom at 231-932-2418 V/TTY to schedule this service.



**Learning for Longevity** is a monthly health series offered through a collaboration between Munson's Community Health Library and the Grand Traverse County Senior Center Network. For more information, contact the library.

Dr. Adams will discuss various aspects of men's health with a focus on the physiology of aging including:

- Normal aging vs symptoms of underlying disease
- Maintaining and improving strength, balance, and vitality
- Nutrition and its effect on your health
- Supplements: the good, the bad, and the ugly
- Quarterbacking your way through the health system

Time will be allotted for question and answer.

#### About our speaker

Andrew Adams, DO, graduated from Michigan State University College of Osteopathic Medicine in 2013 and completed his residency at Henry Ford Macomb Hospital in 2016. He is certified by the American Board of Internal Medicine. Dr. Adams is an Internal Medicine specialist at Thirlby Clinic in Traverse City and he is accepting new patients.

This program is free and open to the public.

Please call or email the library to register or go online at [munsonhealthcare.org/mmclasses](http://munsonhealthcare.org/mmclasses)

#### Contact Information

Munson Community Health Library  
**231-935-9265**  
Library-MCHCCommunityHealth@mhc.net  
[munsonhealthcare.org/communityhealthlibrary](http://munsonhealthcare.org/communityhealthlibrary)