

# PARISH NURSE EDUCATION SERIES

Sundays, 2:30 - 4:00 p.m., in the Fellowship Hall

❖ **January 14**

*Love the Skin You're In*

**Speaker: Grace Newton, MD, Dermatologist**

The skin is the largest organ of the human body. It protects the muscles, bones, and internal organs of our bodies and generally keeps us together. Skin is important in protecting us from outside pathogens, keeping our body temperature regulated, protecting us from excessive water loss, and carrying needed sensations from the environment. Despite the importance of skin, we often take it for granted. In this program, we will learn important information about the work of our skin and how to care for it.

❖ **February 11**

*Driving Safely As You Age*

**Speaker: Lakeshia A. Entzinger, MD  
Centra PACE**

People are enjoying more years of active independence than ever before in our country. This means there are more older adult drivers on our roads today. Older drivers are involved in more motor vehicle accidents and traffic violations than any other age group; however, there is much we can do to keep elders and others safe on the road. If you are an older driver or love an older driver, come to this informative program and learn how aging affects driving abilities, how elders can remain safe on the road, and ways to adjust when driving is no longer safe.

❖ **March 11**

*Tick-Borne Diseases*

**Speaker: Haley Evans, RN, Epidemiologist  
Central Virginia Health District**

Ticks can transmit a growing number of diseases to humans. As of 2016, there were sixteen tick-borne diseases, with four of those having been discovered since 2013. These illnesses are health and life threatening. Learn from an expert about tick-borne diseases, how to protect yourself from them, and how to recognize symptoms in time to get health and life saving treatment.