



# Senior Wellness Seminar

**WEDNESDAY,  
JANUARY 21, 2026**

10:30 a.m. to Noon.

**Arden Courts of Seminole**  
9300 Antilles Drive  
Seminole, FL 33776

**RSVP to Donna Ceasare**  
**at 727-512-9925 or**  
**[dceasare@arden-courts.com](mailto:dceasare@arden-courts.com)**

## Taking Action with Your Health – Steps for a Better You

Your health is YOUR responsibility. It is never too early or too late to make meaningful changes to protect your body and brain for longevity and improved health span. Arden Courts ProMedica Memory Care – Palm Harbor is excited to have the Bernstein's – David Bernstein, MD, and his wife Melissa Bernstein, OT, FAOTA – join us for a healthy living seminar. They will be speaking on ways to set healthy goals for yourself, your family, and secrets they have learned from centenarians.

### ABOUT OUR SPEAKERS:

David Bernstein, MD, is an award-winning physician and author who is board-certified in both Internal Medicine and Geriatrics. His 40 years of experience have provided him with opportunities to observe and empathize with thousands of adults as they age.

Melissa Bernstein, OT, FAOTA, has a lifelong passion for healthy cooking and eating for herself, her family, and her friends. A graduate of Boston University, she brings her long-standing commitment to helping others: first as a "seasoned" occupational therapist and an entrepreneur, and later as a certified chef and a best-selling author



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The first 25 RSVP's will receive a copy of Melissa's book, *Power of 5 Test Kitchen Cookbook Your Guide to Healthy Cooking and Eating*.