

BEST LEARNING CENTER

Broadening & Enriching Seniors Together

Date

Presentation Description

Location

Tuesdays

JULY 29, 2025
AUG. 5, 12, 19, 26 2025

1:00pm - 3:00pm

WINDOWS 11 BASIC CLASS

Learn computer basics, Windows 11, data organization, word processing, and internet use. Bring your own laptop; no computers provided.

Note: Registration is closed for this series.

BEST Learning Center
1150 Powder Springs St
Marietta, GA 30064

Tuesdays

AUGUST 19 & 26

10:00am - 11:00am

THE PHARMACY OVER-THE-COUNTER MEDS PART 1 & 2

From cold-symptom relief to heartburn to headache...there is an OTC for everything. Come hear some of the dangers and risks of using OTCs and get some advice on which ones to avoid, from our resident Pharmacist. This is a two-part presentation.

BEST Learning Center
1150 Powder Springs St
Marietta, GA 30064

Tuesday

September 2, 2025

10:00am - 11:00am

EAT YOUR WAY TO HAPPINESS

What you eat not only effects your physical health, but studies now show just how much diet impacts your mood and mental wellbeing. Participants will learn which foods help boost your mood and which foods to avoid. Learn the connection between your gut biome and your brain.

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Date

Presentation Description

Location

Tuesday

September 2, 2025

1:00pm - 2:00pm

DON'T MISS A BEAT:
CONTROL HIGH BLOOD PRESSURE

Managing blood pressure is vital for preserving health and reducing risk of dangerous conditions. Learn what blood pressure is, why it is so important, and choices you can make today to lower heart attack and stroke risk.

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Tuesday

September 9, 2025

10:00am - 11:00am

UNDERSTANDING CHOLESTEROL

We all need some cholesterol in our bodies. But having too much can clog up arteries and lead to future health problems. Discussion will include the risk factors for high cholesterol, how to eat healthier to lower your cholesterol and what lifestyle changes you should make. Discover the medications that can lower cholesterol.

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Tuesday

September 9, 2025

1:00pm - 2:00pm

MY CHART

MyChart, (a product of EPIC), lets you see your medications, test results, upcoming appointments, medical bills, price estimates, and more all in one place. Best of all, you can access it from any “smart” device, like your phone. Bring your “smart” device along so you can get hands on practice!

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Date	Presentation Description	Location
<div><p>Tuesday</p><p>September 16, 2025</p><p>10:00am - 11:00am</p></div>	<div><p>HOSPICE 101</p><p>The practice of Hospice was started in the United Kingdom, though today it is used extensively throughout the United States. Learn from a retired Hospice Nurse about the various levels of Hospice, who is eligible for Hospice and what happens in Hospice. By learning about Hospice today, we can remove some of the fear that may come about at the mere mention of the word.</p></div>	<div><p>BEST Learning Center 1150 Powder Springs St Marietta, GA 30064</p></div>
<div><p>Tuesdays</p><p>September 16, 23, 30, Oct. 7 14, 2025</p><p>1:00pm - 3:00pm</p></div>	<div><p>WINDOWS 11 BASIC CLASS</p><p>Learn computer basics, Windows 11, data organization, word processing, and internet use. Bring your own laptop; no computers provided.</p></div>	<div><p>BEST Learning Center 1150 Powder Springs St Marietta, GA 30064</p></div>
<div><p>Tuesday</p><p>September 23, 2025</p><p>10:00am - 11:00am</p></div>	<div><p>CYBERSECURITY WORKSHOP</p><p>Join us for a cross-generational class on the essentials of cybersecurity. The presenter will explain the importance of protecting personal information online, how cyber threats work and practical steps anyone can take to stay safe. You will leave with a better understanding of online risks and strategies to protect yourself in the digital world.</p></div>	<div><p>BEST Learning Center 1150 Powder Springs St Marietta, GA 30064</p></div>