

By Journal staff

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May 15, 2016 9:30PM

R.I. Health Matters for the week of May 16

Lectures, classes, fundraisers and other health-related events in and around Rhode Island.

Brain Injury Association of Rhode Island open house and May breakfast, 1017 Waterman Ave., East Providence. 228-3319. Tue, 9 a.m. Learn about the group's Resource Center, which provides services and support to brain-injury survivors, their families and caregivers. 228-3319; robyn@biaofri.org.

Book launch, sale and signing, The Poliquin Group, 1598 South County Trail, East Greenwich. Tues, May 17, 6-8 p.m. Brian Beneduce, of North Kingstown, a survivor of severe panic and anxiety attacks and CEO of Ocean State Plastics, will launch his book **"Scared to Death ... Do It Anyway."** Barbara Morse Silva, Health Check reporter for NBC10, will emcee. Co-author Steve Porter will also speak. Copies of the book will be available for purchase. Free; register at bit.ly/1Yo7p8M.

Family support dementia/Alzheimer, Parkinson's and stroke issues, Heritage Hills Nursing and Rehabilitation Center, 80 Douglas Pike, Smithfield. Tue, May 17, 6-7:30 p.m. Doreen C. Putnam, certified dementia practitioner, facilitator. Contact Jen Couture, 231-2700; admissions.hh@hcltdri.com.

Foster parenting open house, Family Service of RI, 134 Thurbers Ave., Providence. Wed, May 18, 5-6 p.m. Learn about foster parenting; LGBT welcoming. 331-1350, ext. 3305; familyserviceri.org.

Alzheimer's/dementia caregivers meeting, Atria Lincoln Place, 612 George Washington Highway, Lincoln. Wed, May 18, 6-7:30 p.m. For caregivers who are looking for information/support in dealing with Alzheimer's or another form of dementia. **Doreen C. Putnam**, certified dementia practitioner, facilitator. Contact Jamie Brooks, 334-1686; jamie.brooks@atriaseniorliving.com.

"Meditation: The Basics and Beyond," Cumberland Public Library, 1464 Diamond Hill Rd., Cumberland. Wed, May 19, 6:30 p.m. Lecture by Alan Post, a longtime meditator and contributing author to the book "Meditation as Medication for the Soul." Free. 333-2552.

Beauty workshops for cancer patients, American Cancer Society. Hands-on, two-hour session aims to help female cancer patients adjust to the physical changes often associated with treatment. Topics include skin care and makeup, options related to hair loss, nail care, and how to dress to flatter and camouflage. Mon, May 16: Rhode Island Hospital, APC Building, Radiation Dept., Medical Planning Room, 593 Eddy St., Providence. 1 p.m. Thu, May 19: South County Hospital, Frost Conference Room 1, 100 Kenyon Ave., Wakefield. 6 p.m. Tue, May 24: Kent Hospital, Breast Health Center, 455 Toll Gate Rd., Warwick. 6 p.m. Please register; (800) 227-2345; lookgoodfeelbetter.org.

Breast Health Center at Kent Health Fair, Crowne Plaza, 801 Greenwich Ave., Warwick. Celebrating breast-cancer survivors. Speakers include Dr. Candace Dyer, Dr. Cornelius Granai III, Dr. Katina Robison, Dana Haseotes, Betsy Ricci. Lunch provided. Fri, May 20. 11 a.m.-4 p.m. Free.

Yoga series, Kingston Free Library, 2605 Kingstown Rd., Kingston. Fri, May 20, 10 a.m. Presented by All That Matters Yoga. Class is focused on stretching, breathing and meditation; appropriate for all levels. Bring yoga mat or towel. Free. Please register: 783-8254, nnadeau@skpl.org.

Southern New England Heart Walk, University of Massachusetts Dartmouth, 285 Old Westport Rd., South Dartmouth, Mass. Sat, May 21. 2-mile and 3.5-mile walks. Registration 8 a.m., walk 9 a.m. sneheartwalk.org.

Reviver Challenge, MacColl YMCA, Breakneck Hill Rd., Lincoln. Sat, May 21, 10 a.m. 2.5-mile course with challenging obstacles, for all ages. Event benefits several charities, including Mayan Families and Evan's Crew. \$50 for 18 and over, \$30 for younger. Rain or shine. reviverchallenge.com, cat@evierchallenge.com.

Arc of Blackstone Valley Golfing Outing and Live Auction (35th annual), Pawtucket Country Club, 900 Armistice Blvd., Pawtucket. Mon., June 6. Player sign-in, 11:30 a.m.-1 p.m.; shotgun start, 1 p.m.; cocktail reception, 5:30; dinner, awards, live auction, 6:30 p.m. Individual golfer \$250; foursome \$1,000; cocktail reception/dinner/auction \$50 extra. Proceeds benefit Arc, a service organization for adults with intellectual and developmental disabilities in the Blackstone Valley. 727-0150; bvciarc.org.

Potter League for Animals 2016 Heart and Sole Walk for Animals, Glen Park, off Glen Road, Portsmouth. Sun., June 5, 10 a.m.-1:30 p.m. Registration 10 a.m., walk noon. Music, demonstrations, pet contests, sponsor booths and exhibitors in the Healthy Pet Marketplace, refreshments, "fur-tastic" obstacle course, children's activities, doggie day spa, awards. 846-0592, ext. 125; SusanR@PotterLeague.org.

"Bravo, Bradley Gala," Rhodes on the Pawtuxet, 60 Rhodes Place, Cranston. Fri, June 3. Reception with cocktails and hors d'oeuvres followed by dinner, music and a live auction. Funds raised aid **Bradley Hospital** programs in pediatric mental-health care, education and research. Proceeds from the auction support the establishment of an outpatient clinic for young patients with autism and developmental disabilities. 432-4151; asmith18@Lifespan.org; giving.lifespan.org/BravoBradley.

Southern New England Heart Walk, Station Park, downtown Providence. Sun, June 5. Non-competitive walk features a special heart and stroke survivor route and a 3.5-mile route and will include free health screenings, entertainment, cardiovascular advice, giveaways, a kids' zone and healthy snacks. A Kids' Heart Challenge, a half-mile obstacle course for children ages 5-12, will begin after the Heart Walk. sneheartwalk.org.

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