



**AT THE ALLEGHENY COMMUNITY CENTER**

**APRIL 22ND**

**9AM—1 PM**

**COST \$5**

**LIMIT 150 PARTICIPANTS LUNCH INCLUDED**

# Eldercare Spring Education Expo

The Eldercare Council has arranged to have experts in their field talk about relevant issues facing ALL seniors! This is your opportunity to explore a wide array of topics in one morning. They include:

- ◇ Fall Prevention, Chair Exercise – Lynn Espin
- ◇ Advance Care Planning – Dr. Keith Price
- ◇ “Brain Health” – Tim Juliano
- ◇ Wills & Trusts – Attorney Annie Thomas
- ◇ Chronic Disease, Diabetes Focus – Debbie Labeski
- ◇ Patio Gardening – Denise Grant, Master Gardener
- ◇ Pampering Yourself – various offerings such as: Reflexology by Denny Mason, Essential Oil Therapy 101 with Robin Salapek, Chair Massage by Whole Health Chiropractic Center, etc.
- ◇ Nutrition – Agnes McKenna, WGH Dietician;
- ◇ Holistic Nutrition—Dr Brook, Whole Health Chiropractic Center
- ◇ Medicare “D” Q & A – Elaine Krill
- ◇ Volunteerism – Staying Connected—an offering of our local non-profit volunteer positions for you to peruse!



**Sessions run in 20 minute increments beginning at 9 am. You can choose 6 of your preferred sessions throughout the morning.**

Lunch to follow from noon to

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**9AM—1PM**

**LUNCH INCLUDED**

**TO REGISTER—stop by the Allegheny Community Center**

**42 Clark Street, Warren, PA 16365**

**or call for a registration form @ 723-3237**

