



Julie Ann Anderson
Home Instead Senior Care Owner

You're invited to our First Annual *Happy & Healthy* Aging Symposium

Join Us

October 16
from
10:00 a.m. to
3:00 p.m.

Professional Experts on Healthy Aging
will be present to speak with you one on one,
as well as hourly presentations.

**Oakmont
Golf Course**
7025 Oakmont Dr.
Santa Rosa, CA
95409

**Seating is
limited...call
today to RSVP!**

707 586 1516
Home Instead Senior Care

Here is just a taste of the variety of speakers and topics to be discussed:

- Dr Robert Bliss: *Caring For Your Back*
- Dr Kelly Nolan: *Healthy Aging And Coping*
- Steven Campbell: *Shifting Our Thought Process*
- Laughter yoga: *The Importance Of Humor In Our Lives*
- Council on Aging: *Senior Services To Maintain Independence*
- Walgreens Pharmacy: *Medication Management And More*
- Home Instead: *Conversations With Our Children 40/70*
- **And much more!**

Flu Shot Clinic all day, provided by Walgreens

**Refreshments and Raffle baskets —
Give away every 30 minutes!**



Pauline Lawrence
PharmD

Sponsored by



Steven Campbell
Making Your Mind Magnificent



Nutritionist

Laughter Yoga

Dr. Robert Bliss