

Aging Life Styles - Senior Resource Expo Workshops

| Friday, March 26, 2010 | | |
|---------------------------------------|-------------------------|-----------|
| Workshop Title | Speaker | Location |
| 12:00 noon | | |
| Living Better after 50 - Brain Gym! | Pam Whitman | Acorn |
| Protecting Against Fraud/Abuse | Samantha Sepehr | Evergreen |
| Home Safety and Injury Prevention | Gennifer Mountain | Pine |
| Intro to Hospice (Panel Discussion) | Hospice of the East Bay | Willow |
| 1:00 PM | | |
| PulmonaryHealth 101 | Lana Hilling | Acorn |
| Advance Directives Workshop | Stefanie West | Evergreen |
| Transportation Safety and Options | Veronica Conley | Pine |
| Intro to Home Care (Panel Discussion) | Elaine Welch | Willow |
| 2:00 PM | | |
| Aging in a Health Way, with Style! | Pamela Speka | Acorn |
| Managing Downside Risk in Investing | Paul Remack | Evergreen |
| Taking Care of Them and You | Laurel Zien | Pine |
| Memory Loss and Impact on families | Linda Fodrini-Johnson | Willow |

| Saturday, March 27, 2010 | | |
|--|-------------------------|-----------|
| Workshop Title | Speaker | Location |
| 11:00 AM | | |
| Healthy Cooking at Home | Dawn Bucholz | Acorn |
| Estate Taxes: Zero to 55 I n2010 | Karen A. Stein | Evergreen |
| Home Safety & Injury Prevention | Gennifer Mountain | Pine |
| Housing Alternatives thru the Aging Spectrum | Karen Routt | Willow |
| 2:00 PM | | |
| Feldenkrais Workshop | Peter Boffey | Acron |
| Protecting Against Fraud and Abuse | Virginia George | Evergreen |
| Veterans' Benefits | Jill Martinez | Pine |
| Intro to Hospice (Panel Discussion) | Hospice of the East Bay | Willow |
| 3:00 PM | | |
| Sun Style Tai Chi for Vitality | Robin Malby | Acorn |
| Durable Healthcare Power of Attorney | Stefanie West | Evergreen |
| Technology for Senior Living | Warren Heffelfinger | Pine |
| Memory Loss and its Impact on Families | Linda Fodrini-Johnson | Willow |