

Educational Workshop Schedule

Friday, March 26 **11 a.m.** **Opening – Eizo Kobayashi**
 11:15 a.m. **Mayor Guy Bjerke**

Healthy Aging

Friday, March 26

12 p.m.	Brain Gym-Living Better After 50	Pam Whitman
1 p.m.	Lung Care 101	Lana Hilling
2 p.m.	Aging in a Healthy Way with Style	Pamela Speka

Saturday, March 27

11 a.m.	Healthy Cooking at Home	Dawn Bucholz
2 p.m.	Yoga for Seniors	Charley Big C
3 p.m.	Sun Style Tai Chi for Health & Vitality	Robin Malby

Legal Matters

Friday, March 26

12 p.m.	Protecting Against Fraud/Abuse	Samantha Sepehr
1 p.m.	Advance Directives Workshop	Stephanie West
2 p.m.	Managing Downsizing Risk in Investing	Paul Remack

Saturday, March 27

11 a.m.	Estate Taxes 0-55 in 2010	Karen Stein
2 p.m.	Protecting Against Fraud/Abuse	Virginia George
3 p.m.	Durable Power of Attorney	Stephanie West

Aging In Place

Friday, March 26

12 p.m.	Home Safety and Injury Prevention	Gennifer Mountain
1 p.m.	Transportation Safety and Options	Veronica Conely
2 p.m.	Care for the Caregiver	Laurel Zien

Saturday, March 27

11 a.m.	Home Safety and Injury Prevention	Gennifer Mountain
2 p.m.	Veterans Benefits for In Home Care	Jill Martinez
3 p.m.	Technology for Seniors	Warren Heffelfinger

Transitions

Friday, March 26

12 p.m.	An Intro to Hospice (Panel)	Hospice of the East Bay
1 p.m.	An Intro to Home Care	Elaine Welch
2 p.m.	Recognizing Memory Impairment	Linda Fodorini-Johnson

Saturday, March 27

11 a.m.	Housing Alternatives thru the Aging Spectrum	
2 p.m.	An Intro to Hospice (Panel)	Hospice of the East Bay
3 p.m.	Recognizing Memory Impairment	Lindsay Fodorini-Johnson