

Senior Living Fair Guest Speakers, November 2nd 1:00-4:00 pm

1:15-1:45

Sally Lo Prete, Conscious Aging (Media Room)

Conscious Aging is an emotional wellness program designed to offer hope and meaning to better cope with the stresses of aging. In the workshop we will explore unexamined, self limiting beliefs, stereotypes and assumptions about aging while developing self compassion and forgiveness in order to experience more joy.

Judy Macias, President, Village of the Coastsde (Art Room)

Learn about the national Village movement and about our local chapter, Village of the Coastsde. Presentation will cover perks and benefits of being a member and how the Village might fit into your life.

2:15-2:45

Elizabeth "Betty" Lee, Wise and Well Health Promotion Program Nurse, Mills Peninsula (Media Room)

The three C's of blood pressure management - Check, Change, Control. This presentation will cover the basics of what your blood pressure numbers mean, updated blood pressure guidelines, and what happens to your body when BP is out of the normal parameter.

Ann Blick Hamer, Senior Peer Counseling Program Manager, Peninsula Family Services (Art Room)

Planning for Retirement - Congratulations on your retirement! Now what do you do? This presentation will discuss ideas for staying active physically, mentally, and emotionally after retirement by addressing how to find meaning and purpose, the retiree's mental and physical health, continued learning and interaction with friends and family.

3:15-3:45

Sarah Thornhill, Fall Prevention Coalition (Media Room)

Tips to Prevent Trips - This free and fun fall prevention talk will show that with knowledge you are in control of falls, identify some ways to reduce common fall risks, review do-able home safety changes to age independently, show some simple exercises to increase strength and balance, attempt to help reduce fear of falling, provide multiple resources available within the county, and show how to assess your own fall risk.

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