



NORTHWOODS PARTNERS

- caring connections -

HEALTHY AGING EXPO

Formerly Elder Expo Ely!

... An event dedicated to
**Senior Adults' Healthy Lifestyles,
Education and Caregiver Support**

9:00 am to 3:00 pm

**Wednesday,
August 9th**

Amici's Event Center

Cost of \$5.00 includes lunch

9:00-10:00 Join us for Coffee & Vendor Viewing

This year's Expo will feature keynote presentations by:

Dr. Terry Barclay, Neuropsychologist
Michelle Barclay, MA, Exec. Co-Lead ACT on Alzheimer's
'Check Up from the Neck Up: Brain Health and Aging'

Additional presentation topics will include:

Living Well with Chronic Conditions

Why we get Fat and What we can do about It

Tai Ji Quan: Moving for Better Balance

Advance Care Planning / Healthcare Directives

Medication Safety

ACT ~ Dementia Friendly Ely Update

3:00 Drawing for Door Prizes

Please R.S.V.P. to reserve your spot!

218-365-8019

Sponsored By:

