



NORTHWOODS PARTNERS

HEALTHY AGING EXPO

For the Health of it!

9:00 am to 3:30 pm
MONDAY, JUNE 27TH
 Grand Ely Lodge

- 9:00 Vendor Table Viewing
- 10:00 Lisa Porthan, Executive Director, Northwoods Partners
Welcome
- 10:10 Dr Isaac Hunt, Clinical Neuropsychologist, Department of Neurology,
Essentia Health Duluth
[‘Your Aging Brain’](#)
- 11:00 Angela Lunde, M.A. Co-director and Education Manager for the Outreach,
Recruitment, and Engagement Core at the Mayo Clinic
Alzheimer’s Disease Research Center
[‘Mindfulness and You’](#)
- 12:30 LUNCH & Vendor Table Viewing
- 1:00 Dr. Nick Cooley, Family Physician, Essentia Health Ely
[‘Good Sleep, How & Why’](#)
- 2:00 Dr. Katie Evans, Podiatrist, Owner and Podiatrist Range Foot & Ankle Virginia
[‘Your Aging Feet’](#)
- 2:35 Dr. Naomi Sperry, PharmD, Team Leader, EBCH Ely Community Pharmacy
Dr. John Schindele, COO, PharmD, Ely-Bloomenson Community Hospital
‘Stay Local, Stay Organized with EBCH’
- 3:00 Heather Holthaus, RN, Family Practice Registered Nurse, Essentia Health Ely
[‘Aging and Wellness’](#)
- 3:30 Door Prize Drawing - Must be Present to Win

EXPO SPONSORS



Ely Community
Pharmacy



Ely-Bloomenson
Community Hospital



**Essentia Health
Pharmacy**

SPECIAL THANKS TO:

- ◆ Advanced Surgical Associates ◆
- ◆ AEOA Senior Services ◆
- ◆ Alzheimer’s Association ◆
- ◆ Arrowhead Area Agency on Aging ◆
- ◆ Boundary Waters Care Center ◆
- ◆ CEDAR Project ◆
- ◆ Community Care Team ◆
- ◆ EBCH Ely Community Pharmacy ◆
- ◆ Ely Area Food Shelf ◆
- ◆ Ely Carefree Living ◆
- ◆ Ely Community Health Center ◆
- ◆ Ely Family Dental ◆
- ◆ Ely-Bloomenson Community Hospital ◆
- ◆ Essentia Health ◆
- ◆ Essentia Health Ely Clinic ◆
- ◆ Essentia Health Pharmacy ◆
- ◆ Grand Ely Lodge ◆
- ◆ Lighthouse for Vital Living ◆
- ◆ Mayo Clinic Rochester ◆
- ◆ Personal Assistance Link ◆
- ◆ Range Foot & Ankle ◆
- ◆ Senior LinkAge Line ◆
- ◆ The Senior Reporter ◆

And our sincerest gratitude to the

- ◆ Northwoods Partners Board of Directors & Volunteers ◆
- that helped make this Expo a success. Thank you All!