

# OLDER AMERICANS MONTH




CONNECT, CREATE, CONTRIBUTE MAY 2019

# AGING EXPO 2019

Saturday, May 4 • 8 am-4 pm  
Pierce College Campus Central Building  
Puyallup, WA 98374

Directions [www.pierce.ctc.edu/maps](http://www.pierce.ctc.edu/maps)  
To register visit [www.aginginpuyallup.org](http://www.aginginpuyallup.org)

 @aginginpuyallup

Don't miss this opportunity to learn about the new realities of aging and how to make the most of the gift of longevity.



Eric Larson, MD a leading expert in the science of healthy aging and author of *Enlightened Aging: Building Resilience for a Long, Active Life*, offers practical advice on growing old with resilience and foresight. For all ages. **9 am**



Jennifer Kulik, PhD, CEO and award-winning founder of Silver Kite Community Arts, will discuss how important play is in understanding, memory and cognition and its importance in all stages of life. Learn a morning routine to set your brain for its best thinking and how to fill your memory toolbox. **1:15 pm**

## Breakout Sessions

### Sessions 10:15 am – 12:15 pm

- \*\* Rightsizing your life: housing options for older adults, panel presentation.
- \*\* Pathways to Lifelong Learning.
- \*\* Prepare and Repair your Brain.

### Sessions 2:30 – 4:00 pm

- \*\* Everything you wanted to know about transportation but were afraid to ask.
- \*\* Making sense of financial transitions.

- \*\* The Blues: Not a Normal Process of Aging
- \*\* Moving for Health



General Public "Free" • Professionals seeking CEUs \$20

Register at [www.aginginpuyallup.org](http://www.aginginpuyallup.org)

Lunch available for purchase

