



Aging EXPO 2022

Aging with Enthusiasm

Saturday, May 7 • 8 am to 3 pm

Pierce College Center Building Puyallup, WA 98374

FREE

Registration Opens at 8:00 AM
Directions: www.pierce.ctc.edu/maps
PRE register - <http://www.pierceadrc.org>



5 Secrets to Improving Your Amazing Brain

Linda Terry, brain trainer, certified geriatric specialist and the founder of STEP program.



Tips to Keep Gardening As We Age

Ciscoe Morris, well-known Pacific NW gardening expert & national best-selling author, Gardening with Ciscoe, (Book signing to follow)

WITH 2 ADDITIONAL BREAKOUT SESSIONS

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Pierce County Human Services