AGENDA

Senior Health and Wellness Expo
Thursday, October 17, 2019
9 a.m. – 3 p.m.

9 – 9:30 a.m.  Registration and Vendor Shopping  Main Street
9:30 – 10 a.m.  Caregiver Support  Demonstration Kitchen
Veronica Bilicki, RN, C.A.R.E Program Facilitator

10:15 – 10:45 a.m.  What is Normal Aging and When to Seek Help  Demonstration Kitchen
Laurie Boore-Clor, MD, Senior Staff Geriatric Psychiatrist

11 – 11:30 a.m.  Practicing an Anti-Inflammatory Diet  Demonstration Kitchen
If you have conditions that cause inflammation, it may help to change your eating habits.  | Deidre Houfley, RDN

11:30 a.m. – 12:30 pm.  Lunch Break and Wellness Walk  Path to Wellness
Join us for a guided wellness walk on the Path to Wellness  | Judy St. Amand

12:30 – 1:15 pm.  DIA Gallery Talk  Demonstration Kitchen
Learn the complex and intriguing story behind Diego Rivera and his Detroit Industry Murals, now a National Historic Landmark.  | Carlene VanVoorhies

1:30 – 2 p.m.  Lifestyle Factors That Impact Brain Health  Demonstration Kitchen
Learn to make small changes in several areas of your life to positively impact brain health.  | Lynn Breuer, LMSW, CHC, Director of Chronic Disease Management, Jewish Family Services

2:15 – 2:45 p.m.  The Art of Caring for Your Heart  Demonstration Kitchen
Take the proper strides toward heart health. What are signs or symptoms you should be aware of? What screenings should you be getting?  | Shalini Modi, MD, Cardiology