

AGENDA

Senior Health Expo

Wednesday October 4, 2023

9 a.m. – 2 p.m.

Sessions listed first take place in the Demonstration Kitchen and second are in the Yoga Studio.

9 – 9:30 a.m. Registration and Vendor Shopping

Morning Breakout Sessions – Choose one in each timeslot

9:30 – 10:15 a.m. **Emergency Preparedness/Slips, Trips & Falls**
Nikki Matthews

10:30 – 11:15 a.m. **Stroke Awareness**
Cathryn Onofrey

Chair Yoga
Julie Levinson, Certified Yoga Instructor

11:30 a.m. – 12:15 p.m. **Avoiding the Winter Blues**
Chris Nixon

Mindfulness
Julie Levinson, Certified Yoga Instructor

11:15 a.m. – 12:15 p.m. **Lunch Break**
Lunch will be available in the cafeteria.
Vendor shopping will be open on mainstreet.

Afternoon Breakout Sessions - Choose one in each timeslot

12:15 – 1 pm. **HAP**
Elizabeth Robinson, HAP Medicare Outreach Developer

Chair Yoga
Julie Levinson, Certified Yoga Instructor

1 – 1:45 p.m. **Medication Management (Pharmacy)**
Ashley Semma

1:45 – 2 p.m. **Vendors open, raffle giveaways**