

ACTIVE AGING EXPO 2015



Gaithersburg

**Monday, May 4
9 a.m. – 2 p.m.**

**Activity Center at
Bohrer Park
506 South Frederick Ave.
Gaithersburg, MD**

**Presented by
Adventist HealthCare**

FREE

For information call
301-258-6380

LECTURES AND DEMONSTRATIONS

10 a.m. Gym Tai Chi Demonstration by Nancy Ostrove

10 a.m. Room A Combatting Elder Abuse & Financial Exploitation – Join Bryan Roslund, Chief of the Special Prosecutions Division of the Montgomery County State's Attorney's Office, as he talks about the red flags of abuse and how to avoid falling victim to scams.

10 a.m. Room B You Can Paint! – Join Mike Mathis of Kentlands Manor as he guides you through a painting, much like Bob Ross did on PBS. All supplies are provided.

10 a.m. Room C Holistic Nutrition – Holistic Nutrition, an ancient practice informed by modern science, is perhaps the first form of medical intervention. Hippocrates said, "Let food be thy medicine, and medicine be thy food." Holistic nutrition draws from scientific studies of food and physiology to help discover what "medicines" we need for health and vitality. Come take a glance into this exciting health coaching practice with Maureen Ivusic and take your health and nutrition back.

10:45 a.m. Gym Zumba with Melizza Ford

10:45 a.m. Room A "Understanding Your Pain" – Dr. Mohsin S. Sheikh will uncover the reasons behind many common conditions, including causes of neck and back pain. See how you can control your pain and enhance your quality of life without surgery.



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LECTURES AND DEMONSTRATIONS

10:45 a.m. Room C Barre Fit – The old-school ballet barre gets a boost with a blend of dance technique, strength and stretch, and no-impact cardio. This ballet-inspired, full-body workout is easy to follow and designed to get you to move in a way that is flowing, strong and graceful. Led by Jeanne Lieder.

11:30 a.m. Room A “Do You Snooze, Doze or Nap?” – Walt Sonnevile will talk about the benefits of napping, name some famous nappers, and explain why he believes napping may be considered a public service.

11:30 a.m. Room C “Posture = Performance” – Your posture affects every function in your body, even how well you breathe. How is your balance as you stand or walk? Is your movement stiff and guarded, or do you move smoothly, with grace and ease? How is your strength getting up from a chair or other seats? If you are in pain, an unbalanced posture will exacerbate it, while improving your posture may reduce or eliminate it. Move better. Reduce pain. Increase energy. Reduce stress. Join Dave Reynolds and learn how!

11:45 a.m. Room B “Become an Empowered Patient” – Dr. Elissa Abod will teach strategies to take control of your health care with doctors, nurses and hospitals. Understand what health care advocacy is and discuss local resources available to help you or a family member.

12:15 p.m. Gym The African Dance Team of Gaithersburg High School

12:30 p.m. Room A Theatre Games – Laura Andruski will lead a session that includes the benefits of performing arts, theatre games and a participatory reading of Longfellow’s “The Song of Hiawatha.”

12:30 p.m. Room B “Using Tax-Free Dollars to Pay for Long Term Care” – Paying long term care expenses for a loved one is expensive. And it is even more expensive if you have to use after tax dollars. Thomas Cosgrove explains how you can use tax-free dollars instead.

12:30 p.m. Room C “Are You Ready for the Rest of Your Life” – Kay Bransford, Best-selling author, *MemoryBanc: Your Workbook for Organizing Life* presents. As we begin or move into retirement, it is important to share our plans with our loved ones. How do we organize our documents, accounts and assets and which ones are important? How do I make sure my loved ones know my wishes and what should I know about the people that would turn to me should they ever need help?

1:00 p.m. Gym The Unique Image Dance Team from Gaithersburg High School

1:15 p.m. Room A “Do You Collect, Clutter or Hoard?” – Collect, clutter or hoard. Which term best describes your habits relating to storing “stuff” – to use the “stuff” word popularized in a monologue by satirist George Carlin. Full disclosure: I collect and clutter moderately, but plead innocent to hoarding.

1:15 p.m. Room B “Healthy Habits for a Healthier You” – The Alzheimer’s Association presents current research and practical information on ways to age well for individuals of any age. The program begins with an overview of how humans age and how the brain works. It then provides current research in cognitive activity, physical health & exercise, diet & nutrition, and social engagement. Lastly, you’ll receive information about what you can do now to age well.

1:15 p.m. Room C Core Strength with Nancy Brouillette
