

Sun and Sea Manor Presents:

Aging Gracefully: Prevention and Planning as We Age

**What can I do to prepare for the future?
What options are available for me, and those I care for?
How do I access the professionals that can help?**



Please join us for a complimentary, fun and educational seminar.
Saturday, June 11th, 2011 from 2pm to 4pm – light refreshments

**Coronado Library - Winn Room
640 Orange Avenue
Coronado, CA 92118-1526**

Gain knowledge and resources from 3 respected and accredited professionals:

Elizabeth Wagner - RD CCN, Nutrition Therapy

- Symptoms of Aging & Nutrition Deficiencies

Debra Lobatz - MA, MFT, Licensed Marriage and Family Therapist

- Families Managing Life Transitions Together

Amy Abrams - MSW/MPH, CMC, Certified Professional Geriatric Care Manager

- Every Moment Counts: The Importance of Creating Meaning and Purpose in the Lives of our Elders

Public Welcome – Free!

There is no obligation to RSVP, but it will be helpful in our planning if you do.
Please RSVP to Doug at 760-479-2110 or doug@vivacommunities.com

Hosted by:
Sun & Sea Manor and The Eldercare Resource Team



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