

AGING : 101 (PARENTS)

8 a.m. – 2:30 p.m. Saturday, April 7, 2018
Freeport Performing Arts Center
Holbrook Street, Freeport, Maine 04032

Aging (Parents):101 is an all-day event designed to help you find resources to help yourself, or an aging parent or loved one as they grow older. You'll listen to Dr. Marilyn Gugliucci, our inspiring keynote speaker, and learn from three other experts on important topics of aging. During lunch, we'll break out into round-table discussions groups around topics ranging from respite tips and financial planning to dementia care and senior travel.

The \$65 fee includes workshops, morning coffee and lunch. The first 50 people signing up will also take home a copy of "Being Mortal" by Atul Gawande. There are no refunds, but you can send someone in your place if you can't make it. Parking is free. Please visit www.MaineSeniorGuide.com for more information. May thanks to gold sponsor MidCoast-Parkview Health!

Please fill out this registration form, with your check for \$65 made out to Maine Senior Guide, and mail to:

Aging (Parents) 101/Maine Senior Guide
P.O. Box 48
Freeport, ME 04032

If you want to pay by credit card, feel free to use the Brown Paper tickets option on the Expos and Programs page on Maine Senior Guide.com.

Name

Address

Town/State/Zip

Email

Phone

Lunch table (you don't have to sit there, but we'd like to know how many might want to join group)

dementia care hearing issues downsizing financial planning respite tips
 insurance options health care directives senior travel assistance technology
 your suggestion