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For more information: Deborah McLean, dmclean@maineseniorguide.com, 207-232-7847

Speakers Announced for Andy Valley Senior Expo in Auburn June 21, 2017

Five speakers will share information Wednesday, June 21, 2017 at the free Andy Valley Senior Expo at the Hilton Garden Inn RiverWatch in Auburn. Hosted by Maine Senior Guide, the expo runs from 9 a.m. – 2 p.m. and features music and antique appraisals, 35 exhibitors and the Speaker's Gallery. Spectrum Healthcare Partners is the gold sponsor for the event, and the SunJournal/My Generation and *Maine Seniors* magazine are media sponsors. Plenty of free parking is available.

9:00 Bedard Pharmacy: Medicine Safety with Blister Cards

60% of people do not take their medication as prescribed, which leads to worse health outcomes. Bedard Pharmacy has a new FREE service for customers taking multiple medications per day. Medications are organized by your pharmacist in convenient blister cards that show exactly what to take and when to take it. Pre-sorted and packaged by dose and time of day. Come learn more how this convenient system can be an alternative to filling a weekly pill box, and help eliminate missed and double doses.

10:00 Kathleen Kienitz of The Law Office of Kathleen Kienitz: Advanced Directives

Legal expert Kathleen Kienitz will lead a hands-on workshop on advanced directives. When you leave, you'll have a witnessed advanced directive that will set out all your wishes and directions for care down in one legal document.

11:00 Maine Emergency Management Agency: Risk Management

Information Officer Susan Faloon talks about the risk of many different natural and man-made disasters in Maine. Now more than ever, it is important for us to take steps to be resilient as individuals. She will offer many preparation tips for keeping ourselves and our communities safe and ultimately protecting our nation.

12 noon: Expo gold sponsor Spectrum Healthcare Partners: Navigating Knee Pain

When should you be consulting your doctor about knee pain? And when should you consider a total knee replacement? Learn the warning signs and hear about your options from Dr. Patrick Fallon of Spectrum Healthcare Partners.

1:00 LA Hearing Center: Your Aging Ears

Dr. Ashlee H. Vandiver, Au.D., CCC-A, FAAA, Board Certified in Audiology, will talk about the common ear related problems associated with aging. She will discuss hearing loss and balance concerns, focusing on overall health implications and treatment options related. Lots of time for questions and answers.

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