

Speakers for the Southern Maine Successful Aging Expo

Wednesday, October 6, 2021

Hilton Garden Inn, 5 Park St., Freeport

Here's a great opportunity to ask the experts questions about heart valves, retirement planning, the coronavirus and physical therapy. Join us at the Southern Maine Successful Aging Expo Wednesday, October 6, 2021, at the Hilton Garden Inn. Free admission, no registration required!

10:00 Jeff Legro, Edwards Lifesciences Short of breath? Tired doing simple things? Just normal aging or is something else causing these symptoms? Come join us for a discussion on Aortic Valve Disease, how a diseased valve can cause debilitating symptoms, and what can be done to fix it.

11:00 Retirement Jeopardy Amy Anderson of The Salvation Army hosts a fun game of Retirement Jeopardy. Learn about various retirement pitfalls and how to successfully navigate toward a more comfortable future. Amy will be offering snacks.

12:00 Doug Cotta from Constellation Health System will talk about how to deal with the Covid fatigue that affects us all. Learn tips and tricks to counter anxiety, annoyance and boredom!

1:00 Thinking about a total knee replacement? Come meet Christina Levesque Monroe, PT, DPT, who will review the physical therapy and rehab required to make your new joint strong and useful."