

Speakers

Seacoast Successful Aging Expo Nov. 2, 2022

Kittery Community Center

10:00 Disability Rights Maine/Maine Relay Debra Bare-Rogers

Difficulty hearing on the phone? Maine Relay is available at no-consumer cost for Mainers who have trouble hearing phone conversations. Join Debra Bare-Rogers from Disability Rights Maine/Maine Relay and learn more about how Maine Relay can help make you part of the conversation.

11:00 Brain Healthy cooking with Olivia Korpia from Cornerstone at Hampton

Join this Brain Healthy Cooking presentation and discussion on the benefits of a brain-healthy diet. Olivia will be serving some brain-healthy food as well as teaching about the history of brain-healthy diet. They'll also be raffling a set of brain-healthy recipes and supplies for a week!

12:00 Edwards Lifesciences Jeff Legro

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.

1:00 Age is Just a Number Shawn Shambo of Assisted Living Locators

Join Shawn for a fun and inspiring program he's developed called Seniors are Awesome that showcases active local seniors and introduces ways to be more active.