

# **Speakers at Central Maine Successful Aging Expo**

## **October 19, 2022 Maine State Armory, Augusta**

### **10:00 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.

### **11:00 Northern Light Home Health & Hospice Sarah Dudley, PT**

Northern Light Home Health & Hospice PT Lead Sarah Dudley will be discussing fall prevention. Find out how you can stay safe and healthy at home.

### **12:00 Clutter Class**

Can't get out from under your own stuff? Come to this class for a quick refresher on tips and tricks to help you stay motivated and clean out!