



# Spring Successful Aging Expo

9 a.m. - 2 p.m.

Wednesday, April 19, 2023 Italian Heritage Center Portland

30+ exhibitors ■ talks every hour ■ door prizes

**FREE Information and resources for older area residents  
and their families. No registration required.**



FMI: [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com)

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