

# **Speakers for the Seacoast Successful Aging Expo**

**November 2, 2023**

## **Kittery Community Center**

### **10:00 Power in Aging: Self-Empowerment, Resilience, and Reframing Aging in the World!**

Dr. Marilyn Gugliucci, University of New England College of Osteopathic Medicine

To age well, it's important to understand WHY our society views aging as disease and decline, and how we can challenge these views, associate aging with wisdom and productivity, and exercise our own resilience to become empowered!

### **11:00 The Aging Brain: Combating Dementia Worry**

Susan Wehry, M.D., Director, AgingME: Geriatrics Workforce Enhancement Program (GWEP)

This presentation on the aging brain talks through ways you can stay healthy, reduce risk, and live well with dementia. There will also be overview of 'dementia worry' or the anxiety one might have about a dementia diagnosis. We have saved time for discussion, too.

### **12:00 Preventing Caregiver Burnout when is it Time to Start Thinking About Home Care?**

Bryanna Bride COR Health Services

Bryanna Bride hosts a lunch-and-learn about planning for home care. How should you plan so you don't burn out your family caregivers before you bring in outside help? Lunch is available for the first 20 people.

### **1:00 Typical changes to the body as we age**

Jennifer Waddell, PT Reform Physical Therapy of Eliot

Tips, exercises, and strategies that help with osteoporosis, balance, general mobility, urinary incontinence and other typical changes people frequently encounter as they age. You can affect the quality of your life!