

Speakers Gallery

10:00 The 5 Things **David Melville, Maine author**

Stop the world, I want to get off! Have you ever thought this, or said these words? Then come enjoy the light-hearted wisdom of the 5 THINGS presented by Maine author David Melville. For those of us who've been around a little while and seen a lot of changes, the 5 THINGS will help us to reclaim or increase a sense of peace and make the most of our time right now.

1. Change Your Mind 2. Pay Attention to Your Attention 3. Employ Radical Acceptance 4. Infuse the Day with Gratitude 5. Be Present

11:00 From the Heart **Edwards Life Sciences**

Short of breath? Tired doing simple things? Just normal aging or is something else causing these symptoms? Come join Rich Carey from Edwards Life Sciences for a discussion on Aortic Valve Disease, how a diseased valve can cause debilitating symptoms, and what can be done to repair it.

12:00 noon Medicare 101 **Liberty Oulton** **Oulton Insurance**

Medicare can be complex, with different parts and coverage options. This Medicare 101 will provide an overview of the program, explaining the different parts (A, B, C, and D), what each part covers, and how they work together. There will also be a chance to ask questions.

1:00 Healthy Brains **Dr. Susan Wehry**

Dr. Susan Wehry from AgingME at the University of New England is a leading activist and researcher on brain health and aging. How can we stay mentally fit as we age? Can we control anything to do with brain health and dementia? Find out what Dr. Wehry knows about successful (brain) aging!