

\$10.00 Registration Fee

Name: _____

Address: _____

Telephone: _____

Workshops will be offered during two time slots on a first-come, first-serve basis: 10:10-10:55 am and 11:05 - 11:50 am. **Please select a FIRST and SECOND choice in each time frame.**

10:10-10:55 am

Brain Gauge _____

Medicare Fraud _____

Keep Moving: Line Dancing _____

11:05 am -11:50 am

Brain Gauge (repeated) _____

Accessing Viable Health Info _____

Renew Yourself with Yoga _____

Make checks payable to **Person County.**
Registration can be brought to the Person County Extension Center, by August 14, or mailed to:

Jennifer Grable, FCS Agent
304 South Morgan St., Room 123
Roxboro, NC 27573

Celebrate the glory of the aging process and learn how to share the wisdom of your years with others.

Sponsored by

*NC Cooperative Extension Service
Person County Center*

*Person County (ECA)
Extension and Community Association*

Person County Senior Center

For More Information Contact:

Jennifer Grable
NC Cooperative Extension
Person County Center
(336) 599-1195

Maynell Harper or Kim Morgan
Person County Senior Center
(336) 599-7484



Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Paul Westfall, Interim County Extension Director, at 336-599-1195, or email, paul_westfall@ncsu.edu or in person at the County Extension Office at least 10 days prior to the event.

Aging With Gusto!



August 27, 2015

Person County Office Building
304 S. Morgan St.
Roxboro, North Carolina 27573
(336) 599-1195

“Aging With Gusto”

August 27, 2015

“Aging With Gusto” is a program that will help you be the best you can be. You will learn about health trends that can help you live your life to the fullest, financial information that will enable you to make educated choices and other topics that will keep you up to date on what is happening in the world around you.

AGENDA

- 9:00am Registration
- 9:45am Morning Welcome
- 10:10am Workshop Session I
- 11:05am Workshop Session II
- 12:00pm Lunch – Golden Corral
- Entertainment
- Guest Speaker
Bill & Barb Arel
Community Volunteers
- 1:30pm Door Prizes & Evaluation
- 2:00pm Adjourn

**Workshops offered from
10:10-10:55 include:**

Brain Gauge

Mark Tommerdahl, Cortical Metrics, UNC

Participants will play a series of simple video games with the Brain Gauge that will give you a brain health score. The brain gauge looks like a computer mouse except that it can vibrate the finger tips. *Please bring a list of any medications (both prescription and over the counter) that you are currently taking.*

Medicare Fraud: Think You Can’t Become a Victim?

**Stephanie Bias, Program Coordinator
NC Senior Medicare Patrol (NCSMP)**

Did you know over 68 billion taxpayer dollars was lost last year to Medicare Fraud? Do you know how to protect your Medicare number from identity theft? Do you understand what your Medicare Statements are really saying? Do you know what to do if you suspect healthcare fraud? Join us for a conversation on practical tips to empower beneficiaries to prevent healthcare fraud!

Keep Moving: Line Dancing

Barbara Tuck, Line Dancing Instructor

Please join us for a fun way to exercise and improve coordination, while learning dance steps. This is an excellent way to exercise and improve memory function while socializing with other seniors. We will teach you the steps and complete 2-3 routines to introduce you to line dancing. No dance experience necessary.

Please mark your registration form with your first choice and second choice from the above 10:10 – 10:55 workshops.

**Workshops offered from
11:05-11:50 include:**

Brain Gauge

Mark Tommerdahl, Cortical Metrics, UNC

Participants will play a series of simple video games with the Brain Gauge that will give you a brain health score. The brain gauge looks like a computer mouse except that it can vibrate the finger tips. *Please bring a list of any medications (both prescription and over the counter) that you are currently taking.*

Accessing Viable Health Information

**Nia Sutton, Health Educator
Person County Health Department**

62% of adults use the Internet to access health information, but from where? The World Wide Web is a gigantic outlet for all types of information from all types of sources, but it is imperative that you know the right sources to get the right info! This session will give you the basic tools to navigate the Internet and access valid health information!

Renew Yourself with Yoga

Melanie Hester, Registered Yoga Teacher

As we grow older, daily yoga practice can help strengthen bones, keep tendons and ligaments loose, muscles supple, and the mind open. This class will be a playful look at breathing, strengthening, balancing and flexing the body to remind us that we are perfect just the way we are. Just bring yourself dressed in comfy clothes. An open mind is all that is required.

Please mark your registration form with your first choice and second choice from the above 11:05 – 11:50 workshops.