

EMPOWERING SENIORS 2012

Health & Lifestyle EXPO

Workshops

ID Theft and Fraud

Speaker: Raymon Cannon
Colleyville Police Department

Celebrities Who Have Made a Difference in My Life

Speaker: Bobbie Wygant
Entertainment Reporter and Critic for NBC 5

Women to Women: Living Smarter. Living Stronger.

Speaker: Jennifer Pope and Deborah Williams
AARP Texas

Creative Caregiving

Speaker: Barbara L Harty, RN, GNP - *UNT Health Science Center*
Kay Pace Sharp, RN - *James L. West Alzheimer Center*

Volunteerism as a Path to Meaning

Speaker: Peter Luby
Senior Citizen Services of Greater Tarrant County

Marketing Your Skills for an Effective Job Search

Speaker: Sal Adamski
Workforce Solutions for Tarrant County

Better Choices, Better Health - Senior Citizen Services Healthy Living & Self-Management of Chronic Conditions

Speaker: Maria Gray
Better Choices, Better Health Program Coordinator

Managing Concerns About Falling

Speaker: Darlene Rhodes
Matter of Balance Program Coordinator

Managing Medication Use

Speaker: Delores Little, LCSW
HomeMeds Medication Management Program Coordinator

Stress Management Tips for You and Those You Care For

Speaker: Zanda Hilger, M. Ed., LPC
*Area Agency of Tarrant County United Way and ADRC
(Aging & Disability Resource Center) of Tarrant County*

