

ENGAGING AGING

with Area Experts

hosted at Saint Matthias Church

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ON FOUR WEDNESDAYS IN OCTOBER

3 OCTOBER @ 11 A.M.

HEALTHY AGING

reduce illness and improve health

facilitated by local television personality Bob Griffin, *Living the Good Life* on KTBS

Brain Health with Tamara Crane, MA, CDF, Bossier Council on Aging

Physical Therapy with Eric Weatherly, DPT, owner of Independent Therapy Solution

Diet and Nutrition with Julie Hartley, RD, CHC, LDN, Wellness Dietician & Lifestyle Medicine Specialist

10 October @ 11 A.M.

AGING WITH GRACE

explore wisdom

facilitated by the executive director of Bossier Council on Aging Tamara Crane, MA, CDF

Spiritual Side of Aging with the Rev'd Bryan McDowell, 1st Presbyterian Senior Adults Minister, *Retired*

Using our Gifts with Susan Campbell, PhD, Community Foundation Asst Dir of Community Investment

Valuing Senior Survivors with Bob Griffin

17 October @ 11 A.M.

CHALLENGES

find resources that work

facilitated by Stacey B. Hand, MA, CVT, of Alzheimer's Agency of Shreveport Bossier

Technology with Seniors with John Bogan, Donor & Media Manager, Caddo Council on Aging

Loss and Grief with Kathy Brooks Daniel, PhD, RN, CPHQ, Grief Ministry Coordinator

Money Matters with Diana DeCharles, MBA, CFP, Owner of SagePoint Financial

24 October @ 11 A.M.

VISION FOR LAST CHAPTER

plan for peace

facilitated by local television personality Bob Griffin, *Living the Good Life* on KTBS

Prayer and Transformation with Alan Prater, Retired Hospice Chaplain for Christus' Grace Home

Telling Your Story and Obituary Writing with Harriet Dagget, Author and Educator for Seniors

Pre-Planning for Funeral with Donna Valentine, Family Service Counselor

