

HEALTHY AGING IN A CHANGING WORLD

Learn about resources for your next chapter

Friday, September 30, 2022 | 9am to 1pm

St. Paul's Conference Center | 2557 3rd Avenue, San Diego, CA 92103

Featured Speakers:

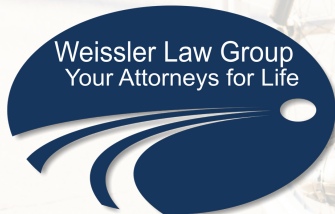
- Giveaways & raffle prizes
- FREE Continental breakfast
- FREE blood pressure checks
- Health & wellness professionals
- Educational speakers
- Joe Casciani: Defining Meaning: A Psychologist's Checklist for Aging Well and Managing Setbacks
- Ann Heizer: Up and Moving: Becoming and Staying Active in 2022 and Beyond
- Anna Arancibia: Senior-related programs at the YMCA

FREE EVENT & COMPLIMENTARY BREAKFAST

RSVP to Craig May: SanDiegoCouncilOnAging@gmail.com

Also inquire about hosting a vendor table/sponsoring the event.

Thank you to our sponsors:



Hosted by:

SDCCOA

SAN DIEGO COUNTY COUNCIL ON AGING

Serving San Diego Seniors since 1989



SDCCOA.com
Non-Profit Tax ID #271000729