

# healthy aging expo



connect with community resources

Nutrition    Education    Exercise    Medical    Lifestyle    Financial

- 101 Mobility of Phoenix
- A Better Solution for Senior Living
- A Place in Time
- Alzheimer's Association
- Arizona Attorney General
- Arizona Technology Access Program
- Bright Star Care
- Carefree Physical Therapy
- City of Scottsdale
- Clear Captions
- ComForCare Senior Services
- Cuisine by Celine
- Cypress Home Care Solutions
- Desert Foothills Land Trust
- Desert Foothills YMCA
- Designs For Health
- Eye Care North
- Foothills Caring Corps
- Foothills Food Bank
- Foundation for Senior Living
- From The Heart
- Heritage at Carefree
- Home Instead Senior Care
- HomeWell Senior
- Hospice of the Valley
- Hospice of the West
- Integrated Health Mobile Solutions
- Lone Mountain Memory Care
- Merrill Gardens at Anthem
- Nicole Pavlik Law Firm PLC
- Novo Nordisk
- PVCC Nursing, Nutrition, Integrated Public Health
- Philips Lifeline - Central Arizona
- Remembered Well
- Rural Metro Fire Department
- Spirit In The Desert Retreat Center
- Talking Book Library
- United Health Care/ Carefree Insurance Services
- Valley Long Term Care



The 4 Ways to Pay for the High Cost of Long-Term Care

9:30 am



Patient Advocacy: How to Talk to Your Doctor

10:30 am



The Smart Program: Cognitive Intervention for Early Stage Dementia

11:30 am



Living with Chronic Disease

12:30 pm



Zumba Gold

1:30 pm

Thursday  
October  
**25**

FREE | October 25, 2018 | 10 am - 2 pm

**Desert Foothills Library**  
38443 N. Schoolhouse Road, Cave Creek