



ON AGING AT WOODBURY SENIOR CENTER

**Saturday, September 21, 2024**

**Connecting You to Resources and Information You Need**

**FREE! Programs on the Hour between 9 a.m. and 2 p.m.**

Community Conversations are short 30-minute presentations from the experts, plus 30 minutes of questions and answers. Come for one talk or stay for the day. Light refreshments and door prizes too! Transportation available upon request.

**Topics and Speakers Include:**

<u>Time</u>	<u>Topic</u>		<u>Speaker</u>
<b>9 a.m.</b>	<b>Wills and Estate Planning</b>	You have options; what's right for you?	Jeanne De Minno, attorney Czepiga, Daly, Pope and Perri
<b>10 a.m.</b>	<b>Aging as a Single Adult</b>	Considerations for the solo older adult	Lois Nelson, owner, Nelson Senior Consulting
<b>11 a.m.</b>	<b>Practical Considerations for Getting Older</b>	What no one told you, and everyone needs to know about getting older	Susan Almeda, RN and Loryn Ray, MPH, Director of Senior Services
<b>12:00 noon</b>	<b>Are You Listening?</b>	How to listen for better understanding, and make yourself heard	Wally Koztrewa, college, corporate and community workshop presenter
<b>1:00 p.m.</b>	<b>Promoting Good Mental Health</b>	Resources for maintaining a meaningful life and seeking support	Kaitlin Marcil, Waterbury Hospital Behavioral Health

