

Health Information Day for Seniors

An Exciting Day for Seniors, Families, Caregivers, and Professionals!

November 14, 2009

Virginia Beach Higher Education Center, Virginia Beach, Virginia ●

9:30 a.m. – 1:00 p.m. ● **FREE** ● Refreshments Provided

Information Sessions

9:30 – 10:00

Current Issues in Aging

10:30 – 11:00

Alzheimer's: What you Really Need to know



11:30 – 12:00

Community Resources: That You May Not Know About

12:30 – 1:00

Exercise and Nutrition (No Sex For Seniors and Other Stupid Myths)

9:30 – 1:00 Information Displays

For More Information Call 757-368-4150



Virginia Beach Higher Education Center



School of Social Work

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