



RESERVE THE DATE

FREE! LUNCHTIME CONVERSATIONS

12 NOON TO 1 P.M.
OCTOBER 26 – NOVEMBER 12

OCTOBER 26 // HEALTH //

Practical Tips for Preventing Falls

*Presented by: Evon Schones,
Good Samaritan Society,
Loveland Village*

OCTOBER 27 // MENTAL HEALTH //

Strategies to Manage Depression, Anxiety and Panic Attacks

*Presented by: Sandi Squicquero,
The Medical Hypnosis &
Counseling Center, P.C.*

OCTOBER 28 // SEX //

Modern Day Solutions: Aging and Maintaining a Healthy Sex Life

*Presented by: Dr. Michael Farrell,
Vitality Medical Center, Inc.*

OCTOBER 29 // HOSPICE //

Hospice 101: When Is It Time? Debunking Myths and Misconceptions

*Presented by: Nate Lamkin,
Pathways Hospice*

OCTOBER 30 // PLANNING //

Protecting Your Family Through Prearrangement

*Presented by: Jennifer Haislip
and Greg Hershelman,
Dignity Memorial /Resthaven*

NOVEMBER 2 // CBD //

What Are the Benefits of CBD?

*Presented by: Eric Sweatt,
The CBD Store*

NOVEMBER 3 // FINANCE //

LEAP: Learn More About Financial Support with Your Home Heating Costs

*Presented by: Theresa Kullen,
Larimer County Department
of Human Services*

NOVEMBER 4 // HEARING //

New Advances in Remote Hearing Health

*Presented by: Dr. Katie Cox,
The Hearing Place*

NOVEMBER 5 // MOBILITY //

Auto Accessibility – Accessing Your Community

*Presented by: Lisa McBride,
Frontier Access Mobility*

NOVEMBER 6 // MEDICARE //

Medicare 101:

What You Need to Know

*Presented by: Carmen T. Cisneros,
Kaiser Permanente*

NOVEMBER 9 // SENIOR LIVING // **SENIOR LIVING PANEL**

Continuum of Care from Patio Homes to Assisted Living to Memory Care

*Presented by: Yvonne D. Myers,
Columbine Health Systems*

Active Adult Living: Live Your Own Lifestyle, Pursue Your Passions

*Presented by: Hayley McCaw,
Affinity at Loveland*

NOVEMBER 10 // MEDICINE //

Medication Bootcamp: Simplify Prescriptions and Improve Your Health With Tips & Tools From Pharmacy Experts

*Presented by: Joseph Poling and
Whitney Osborn, Good Day Pharmacy*

NOVEMBER 11 // AGING IN PLACE //

Five Steps to Successfully Stay in Your Home

*Presented by: Danita Nixon,
Senior Living Advisors of Colorado*

NOVEMBER 12 // JOINT HEALTH //

Joint Replacement Surgery

*Presented by: Dr. Richard Williams,
Banner Health*

PRESENTED BY:

GreeleyTribune
REPORTER-HERALD

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