



ELEVENTH ANNUAL

THE ART OF AGING

# gracefully

Resource Fair



## Stay Vital, Healthy and Fit

TUESDAY, APRIL 10

9:30 am – 3:00 pm • Resource Fair: 10:00 am – 2:00 pm



Make it a day of discovery. Engage with local businesses and organizations who are valuable resources to help you stay healthy and energized through:

- Presentations from medical professionals and local experts on healthy living.
- Insights and opportunities to support active, creative aging.

### SPEAKERS IN KANBAR HALL

9:30 – 9:45 am	<b>Welcome Remarks</b> Margaret A. Chesney, PhD
9:45 – 10:30 am	<b>Optimizing Nutrition and Hydration: Learn the Truth about Protein and Water</b> Dr. Payal Bhandari, San Francisco Advanced Health
11:00 – 11:45 am	<b>Drug Prices: Why Are They So High and What Can You Do about It?</b> Dr. Adams Dudley, UCSF
1:00 – 1:45 pm	<b>Stress and Health: How to Remain Resilient</b> Alexandra Crosswell, PhD, UCSF
2:00 – 2:45 pm	<b>Cannabis as Medicine</b> Donald I. Abrams, MD, UCSF

### SCHEDULE OF ACTIVITIES

10:30 – 11:30 am Gallanter Hall (Room 206)	<b>Brain Boot Camp</b> Christian Thompson, PhD, USF
11:15 am – 12:15 pm Room 209	<b>How to be a Successful Solo-Ager</b> Betty Burr, PJCC
Noon – 12:45 pm Kanbar Hall	<b>Gentle Yoga</b> Robin Hall, JCCSF Fitness Center
1:00 – 2:00 pm Room 205	<b>A Happy, Happy Heart</b> Tracie Hakkinen, RN, Kaiser Permanente
1:30 – 2:30 pm Room 223	<b>Safe Cosmetics</b> Mary Ellen Taylor, FDA Sheila James, HHS
2:00 – 3:00 pm Gallanter Hall (Room 206)	<b>Fire Safety</b> Fernando Juarez, SFFD Tomie Ann Kato, SFFD

### RESOURCE FAIR

10:00 am – 2:00 pm  
Pottruck Family Atrium & Fisher Family Hall

Presented in partnership with a wide range of businesses and nonprofit organizations.

Advance registration is highly recommended. To register, call 415.292.1200 or visit [jccsf.org/aginggracefully](http://jccsf.org/aginggracefully).



Jewish Community Center of San Francisco • 3200 California Street at Presidio Avenue, San Francisco

[jccsf.org/aginggracefully](http://jccsf.org/aginggracefully)