

*Commission  
on Affirmative Aging presents*

*We recommend coming  
ready for a  
Fun Day!*



# **Adventurous Aging:**

## **How to Stay Young at Heart**

**November 4, 2023**

**10am - 2pm  
Heart Healthy Lunch  
Included**

**Check in will begin at  
9:30 am**

**Click here today for  
Online  
Registration before slots  
are filled**

**Event Fee: \$20**

**4 CEU hours for clergy,  
nurses and healthcare  
workers**

**Location:  
St. Francis of Assisi  
Episcopal Church  
1 St. Francis Drive  
Gulf Breeze, FL 32561**

**Recent Research on  
Senescence with  
Melinda Henderson,  
Ph.D., APRN, FAAN**



**“Live Longer and Feel  
Better, Grandmother was  
always right” with  
Dr. Dennis Mayeaux**

**Mind, Body, & Spirit  
Stewardship as a Spiritual  
Practice with  
Dr. Salem George Saloom**



**Tia Chi  
with Jennifer Edwards,  
West Florida Area Health  
Education Center**

**“Safe Medication Practices  
for Better Health” with  
Madison Holmes, PharmD,  
Amy Renaud, PharmD  
& Chenita Carter, PharmD**



**For questions, please contact The Rev. Sara Phillips at (251)709-7979.**