Commission on Affirmative Aging presents





## Adventurous Aging: How to Stay Young at Heart

## November 4, 2023 10am - 2pm Heart Healthy Lunch Included

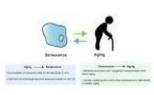
Check in will begin at 9:30 am

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.