



BABY BOOMER BOOTCAMP 4

SUNDAY, DECEMBER 8, 1:00-5:00 PM

Hosted at Issaquah Senior Center
75 NE Creek Way, Issaquah, WA 98027

Are you thinking about retiring soon? Have you recently left the workforce? Join us for the last of 4 complimentary Baby Boomer Bootcamps in our 2019 series, hosted by the Issaquah Senior

Center, in partnership with King County Library System and Era Living! You will learn about various topics from experts who will share their knowledge and wisdom, and offer best practices and guidelines to help you make the most of your next chapter.

OPENING KEYNOTE by **Rebecca Crichton**, Director, Northwest Center for Creative Aging
“Conscious Creative Aging”

Rebecca will share stories, lessons, and strategies for engaging and learning as you age. We all have the capacity to tap into our unique creative beings to discover how getting older can lead to surprising discoveries.

Refreshments will be served courtesy of University House Issaquah.

Please RSVP at (425) 392-2381 by December 6. Space is limited.



WORKSHOPS

2:00-2:45 PM

Estate Planning Basics – *Katie Peterson, Attorney, Northwest Elder Law Group*

Estate planning can be confusing and intimidating. In this session, Katie will start with helping you understand what it is you have, and what options are available to you. She will review terms and will discuss how you can make educated decisions so you can feel confident in your plan.

What Matters Most: Navigating Challenges in Our Later Years” – *Bonnie Bizzell, Honoring Choices Northwest*

To paraphrase Bette Davis: Old age isn't for cowards! Knowing what is important is serious—being able to talk about it doesn't have to feel that way. Explore ways to navigate delicate topics with loved ones, using honesty, humor, and purpose.

3:00- 3:45 PM

The Care you Need for the Life you Want: Housing & Care Options Defined – *Tina Hall, Era Living*

Did you know that nearly 70% of individuals over 65 will become cognitively impaired or unable to complete at least two "activities of daily living"—including dressing, bathing, or eating—over his or her lifetime? How can you be prepared? This presentation will walk you through the various types of housing and care settings and services available to support you as you age, explaining the differences including: what each provides, what to look for, and what the approximate costs are with each option.

Mind-Body Solutions for Pain Management – *Brad Lichtenstein, Bastyr University*

We have all experienced pain at one time or another, and while everyone feels pain differently according to their genetic makeup and other factors, pain is often misunderstood. If pain is individualized, how do we treat pain effectively and consistently? How can we conquer pain and focus on healing? In this presentation, we will focus on defining the many aspects of pain and how to heal using a mind-body approach.

4:00 PM CLOSING KEYNOTE

Fitness for the Ageless: How to Stay Younger While Growing Older – *Dianne Cumberland, Certified Personal Trainer and Lifestyle Wellness Coach*

In this high energy presentation, you'll learn about the benefits of exercise, no matter what your age, the "F.I.T.T". Principle and how to apply it, how to develop the right mindset and create new habits, and finally, Dianne will share tips on keeping nutrition simple.