



# INTENTIONAL AGING

Presented By:



*Brian Browne*

COGNITIVE SCIENTIST



*Travis Meyers*

ESTATE PLANNING  
ATTORNEY



*Jon Corcoran*

FINANCIAL ADVISOR



*Edward Givens*

HEALTH INSURANCE AGENT

**MAY 12, 2023**  
**2:00PM - 4:00PM**



**Shadow Rock**  
United Church of Christ

12861 N. 8<sup>th</sup> Avenue  
Phoenix, AZ 85029

## WHAT DOES IT MEAN TO AGE INTENTIONALLY?

As we age, we start to wonder about the future. We wonder if we are destined to get dementia. We wonder if we have properly prepared for retirement, or what will happen if we cannot handle our own affairs. We wonder what our healthcare will look like. Instead of wondering, join our panel of experts in learning how to intentionally age and take action to care for your future self now. In this seminar:

- Brian Browne, Cognitive Scientist, will discuss the science of aging and senescence. Learn the research behind successful aging and how to reduce your risk for Alzheimer's, and other chronic diseases.
- Travis Meyers, Estate Planning Attorney, will discuss how you can strategically plan for managing your finances and healthcare if you cannot.
- Jon Corcoran, Financial Advisor, will talk about planning for your legacy, a comfortable retirement, and long-term care.
- Edward Givens, Licensed Independent Health Insurance Agent, will explain what Medicare is and what it covers as well as educate you on what Medicare doesn't cover and how to address those shortfalls.