

ART OF AGING GRACEFULLY RESOURCE FAIR

STAY VITAL, HEALTHY & FIT



TUESDAY, APRIL 9 • 9:20 AM – 3:00 PM • FREE

Make it a day of discovery. Engage with local businesses, organizations, medical professionals and experts who are valuable resources to help you stay healthy and energized. We'll have insightful presentations and activities all day to give you opportunities to support active, creative aging.

LECTURES

10:30 – 10:40 AM Welcome Remarks

Dr. Margaret A. Chesney

10:45 – 11:45 AM No More Aches and Pains

Esther Gokhale & Monisha White

NOON – 1:00 PM The Science of Positive Emotions

Dr. Amie Gordon

1:50 – 2:50 PM Co-Housing Panel

Karen Coppock, Wendi Burkhardt, Jeff Buckley & Scott Goering

ACTIVITIES

9:20 – 10:20 AM A Taste of Mindfulness

Rabbi Zac Kamenetz

11:30 AM – 12:30 PM Brain Boot Camp

Dr. Christian Thompson

12:45 – 2:15 PM How to be a Successful Solo-Ager

Betty Burr

1:10 – 1:40 PM Isometric Exercise

Matt Simpson-Weber

RESOURCE FAIR • 10:00 AM – 2:00 PM

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

All times and events are subject to change.

**ADVANCE REGISTRATION IS HIGHLY RECOMMENDED
415.292.1200 OR JCCSF.ORG/AGINGGRACEFULLY**