



Aging Mastery Program®
Presenters for 2017
All presentations begin at 10:00 a.m.





Monday, January 23, 2017
Navigating Longer Lives: The Basics of Aging Mastery

Julie Cook Downing
*President, Caregivers' Comfort Creations, LLC
 Consultant, Cornerstone LifeCare*



Monday, February 27, 2017
Falls and Injury Prevention


Cindy Tanner, RN, BS
Blake Medical Center

Monday, January 30, 2017
Exercise and You + You Can Meditate!

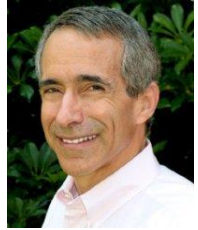
Carol McClenahan MPH, RYT
Yoga Instructor

Ann Alvis
Fitness Instructor/Personal Trainer





Monday, March 6, 2017
Financial Fitness

Johanna Gustafsson, Wealth Management Advisor
Christopher M. Pinckney, Financial Advisor
Merrill Lynch



Thursday, February 9, 2017
Sleep


Dr. Matthew Edlund
Center for Circadian Medicine

Monday, March 13, 2017
Advance Planning



Vicki Bartz, Community Relations
Tidewell Hospice

John Compton, Attorney
Norton, Hammersley



Monday, February 13, 2017
Healthy Eating and Hydration


Dr. Loren Batsell
TAW Yoga Center

Monday, March 20, 2017
Healthy Relationships



MiMi Horwitz, Pastoral Care Assistant
Longboat Island Chapel

Nancy Schlossberg
Author



Monday, February 20, 2017
Medication Management

Heidi Whipkey, Pharmacy Manager
Publix, Longboat Key

Monday, March 27, 2017
Community Engagement

Sophia LaRusso
Dedicated Community Volunteer

Hedda Matza-Haughton, LCSW
Mind Body Communication