

At this exclusive event learn about.....

Secrets to a Healthier Life.

WHAT YOU NEED TO KNOW TO CARE FOR YOURSELF, OR A SENIOR YOU LOVE.

You've got questions. About everything from nutrition and exercise to staying healthy. And caring for aging loved ones. You'll find answers at this informative event, featuring Channel 8 news anchor Maureen McGuire as keynote speaker, and sponsored by Fairport Baptist Homes.

KEYNOTE ADDRESS— MAUREEN MCGUIRE



Date:

Tuesday, June 17, 2014

Time:

1:00 – 4:00 p.m.
(Registration at 12:30)

Cost:

\$5 donation

Refreshments will be served.

Learn the secrets Maureen has used to cope with her changing role as her parents aged. Steps she took to protect her parents legally. Deal with healthcare. And the challenges of daily care. All while maintaining her parent/daughter relationship. Invaluable insights she's gained while reporting on these issues and educating the community.

BREAKOUT SESSION #1

Eat Well, Live Well for Lower Blood Pressure

Learn how applying Wegmans four Eat Well, Live Well principles will help you lower blood pressure and maintain health.

BREAKOUT SESSION #2

Staying Sharp As You Age

Have you forgotten where you parked your car? Ever wonder what role nutrition plays with brain health? Come join us for this informative talk.

Seating is limited!

Reserve Your Spot Now!

REGISTER TODAY...

Online: www.fairportbaptisthomes.org/healthysecrets

Phone: **Janice at 585-303-8896**

Mail: **Healthy Secrets Event**

Fairport Baptist Homes
4646 Nine Mile Point Road
Fairport, NY 14450.

Be sure to include the names of all attendees and your phone number.

 **Fairport Baptist Homes**
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