



Healthy Aging

YOUR PLAN, YOUR FUTURE

Strategies to
Assure Your
Quality of Life

This second annual seminar will provide you with the tools, information and motivation to take charge of your health and well being. Join us for expert presentations, valuable take-home materials and healthy refreshments. This event is open to the community.

PRESENTING:

There is More to WELLth than Money

by Peggy Buchanan

Resources for Your Plan

by joyce ellen lippman

Joys & Challenges of Change

by Jeanne M. West

Aging: Bitter or Better

by Fr. Charles Talley



WEDNESDAY

NOVEMBER 4, 2015

9:00 am — Noon

Check-in starts at 8:30 am

CARRILLO
RECREATION CENTER

100 East Carrillo Street
Santa Barbara

\$10/GUEST

RSVP required by October 28, 2015



Space is limited.

For reservations please visit

SansumClinic.org/classes

or call

805-681-8976 (option 5)

