

"Senior EmPower Day 2008"

Save the Date - September 26, 2008!

Y Are you an older adult or do you care for someone age 60 or greater?

Y Do you have questions or concerns about your cognitive health?

Y Would you like to learn some valuable brain training tips?

If you answered "yes" to any of these questions, then reserve your seat now!

"Senior EmPower Day 2008: The Power of Creativity - Stimulate Your Brain" is designed to provide up-to-the-minute information related to "cognitive concerns" for seniors adults (and their caregivers). Come and learn how to train your brain, keeping it in shape for years to come! We promise you'll have fun learning!

Who: Older adults and/or their caregivers should attend

What: "Senior EmPower Day 2008" (fourth annual!)

Where: East Bay Calvary Church (new location this year!)
2225 Hammond Road, Traverse City, MI 49686

When: Friday, September 26, 2008...check in begins at 8:45 a.m.
(Sorry, no walk-ins. Pre-registration required.)
Opening remarks at 9:30 a.m., event concludes at 3:15 p.m.

How: Pre-registration is required by September 12, 2008.

Cost: Non-refundable fee of \$5 for those age 60+ (or \$8 for adults less than 60) includes refreshments, lunch, presentations, materials, visits to sponsors and exhibitors AND door prizes!

To get a sneak peak at the agenda and/or to pre-register for Senior EmPower Day 2008...

...call Area Agency on Aging of Northwest Michigan at 1-800-442-1713

- OR -

...contact the Commission (or Council) on Aging in your home County