

# **Senior EmPower Day 2008:** **The Power of Creativity – Stimulate Your Brain**

Friday, September 26, 2008

Location: East Bay Calvary Church \*  
2225 Hammond Road, Traverse City, MI 49686

## Tentative Agenda

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|------------------|--|
| 8:45 – 9:30 am   | Doors open, guests check-in at registration, visit sponsors and exhibitors, serve themselves refreshments and familiarize themselves with facility |
| 9:30 – 9:45 am   | Welcome remarks, plan for the day  |
| 9:45 – 10:30 am  | Keynote address: Dr. Paul Callaghan, PsyD  |
| 10:30 – 10:45 am | Break, move to mini-session  |
| 10:45 – 11:15 am | Mini-session One   |
| 11:15 – 11:25 am | Break, move to next mini-session   |
| 11:25 – 11:55 am | Mini-session Two   |
| Noon – 12:45 pm  | Lunch/Entertainment  |
| 12:45 – 1:00 pm  | Break, move to next mini-session   |
| 1:00 – 1:30 pm   | Mini-session Three   |
| 1:30 – 1:40 pm   | Break, move to next mini-session   |
| 1:40 – 2:10 pm   | Mini-session Four  |
| 2:10 – 2:20 pm   | Move to Main Auditorium  |
| 2:20 – 2:40 PM   | Special Guest Comments   |
| 2:40 – 3:00 pm   | Closing Remarks, Door Prizes   |
| 3:00 – 3:30 pm   | Last chance to visit exhibits/collect belongings/turn in evaluation forms  |

\* = Please note that East Bay Calvary Church is a non-smoking facility and that Senior EmPower Day 2008 is not an activity of East Bay Calvary Church.

For further information regarding Senior EmPower Day 2008, please contact Area Agency on Aging of Northwest Michigan at 231-947-8920 or 800-442-1713.