



# CHATHAM'S FIRST SENIOR EDUCATION RETREAT

*A day of learning, sharing, and discovery at the  
New Chatham County Agricultural and Conference Center*

1192 U.S. 64 West Business, Pittsboro, NC

## 14 Sessions Include...

- Pain Management
- Stroke Prevention
- Fraud and Scam Protection
- Advanced Directives
- Culinary Instruction & Cooking for 1 or 2
- Medicinal Use of Herbs
- Spring Gardening
- Financial, Estate Planning and Taxes
- De-cluttering and Downsizing
- Health Promotion including Nia
- Vendor Expo



## Also...

- Meet, greet and appreciate the skills of some of Chatham's many artisans.
- Enjoy a catered lunch from "The Old Place" —Serving the Central Carolina region since 1979, with food that "looks and tastes marvelous."

**Registration Fee: \$25, includes lunch. Registration deadline: April 10th**  
**Register early as capacity is limited to 150 tickets.**  
**For ticket information go to [www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)**



**Keynote Speaker: Nordin M Hadler, MD**, Emeritus Professor of Medicine and Microbiology/Immunology, University of North Carolina at Chapel Hill. Graduate of Yale College and the Harvard Medical School.

Author of *The Last Well Person*, *Worried Sick*, *Stabbed in the Back*, *Citizen Patient*, *By the Bedside of the Patient*, *Monetizing Altruism*—and ***Rethinking Aging: Growing Old and Living Well in an Overtreated Society***

"With passion and enthusiasm, Hadler offers a doctor's perspective that could prove useful for many people struggling to make better choices and increase wellness as they age."--*ForeWord Reviews*

