

Aging With Grace

Focusing on what's really important

Three-part series

September 22, 1:30–4 pm

Elizabeth Eckstrom, MD, MPH, MACP, Director of Geriatrics, OHSU, co-author of *Gift of Caring*.

- *Healthy brain aging and lessons learned from cultures with longevity*

October 13, 1:30–4 pm

Maureen C. Nash, MD, MS, FAPA, Medical Director, Providence Elder Place.

- *Aging Well: Mental and Emotional Resiliency*

October 27, 1:30–4 pm

Darin Dooley, JD, and Megan Fuhrer, MBA, JD, Nay & Friedenbergs Elder Law Firm.

- *Key legal documents for your and your family's planning*



Interactive presentations, discussions, and workshops

Elsie Stuhr Center, Manzanita Room
5550 SW Hall Blvd, Beaverton 97005

Fee per presentation: \$10 (*payable at the door*)
Viva Village members & volunteers: no charge



RSVP: 503-746-5082 or vivavillageor@gmail.com



Co-sponsored by Viva Village and Elsie Stuhr Center