

Daniel P. Vrakas
County Executive

Cathy A. Bellovary
Director



FOR IMMEDIATE RELEASE

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Contact: Barbara Woyak – Programs & Projects Analyst, (262) 548-7848

Senior Conference Focuses on Healthy Aging and Safety Awareness

Waukesha, WIS. – The Aging and Disability Resource Center of Waukesha County (ADRC) will hold its 17th annual Senior Lifestyles Conference on Mon., Oct. 27 at the Country Springs Hotel. The event, co-sponsored by ProHealth Care, will focus on healthy lifestyles, safety awareness, and consumer issues affecting today's seniors. Jacqueline M. Granger's keynote will address "What is True Aging."

Throughout the daylong conference, healthy aging is highlighted in workshops that promote physical activities like Zumba Gold with Yoga Stretch, and Exercises Without having to Wear Spandex. Ongoing healthy lifestyles are also explored in A Good Night's Rest – Sleep issues as We Age, Common Senior Health Issues, Jest for the Health of It, and Aging without Growing Older. Safety awareness and informational sessions include Keeping Your Identity Safe, Drug Threats in Waukesha County and the Sheriff's Response, What Medicare Will Do for You, Do It Your Way – Preplan Your Funeral, Herbs in the Kitchen, and Harley-Davidson – Born in the USA.

Based on availability of vaccine, Waukesha County's Public Health Division will offer flu and pneumonia shots for seniors attending the conference. In addition, 45 local exhibitors will provide information on contemporary senior issues and interests.

The conference runs from 7:45 a.m. to 2:50 p.m. The cost to attend is a \$15.00 donation that includes conference workshops, morning coffee and rolls, lunch and door prizes donated by area organizations and businesses.

Conference registration is required by Fri., Oct. 10. Since attendance has been at event capacity for the last five years, early registration is strongly recommended. For more information about the conference or to sign-up for it, please call the ADRC at (262) 548-7848.

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