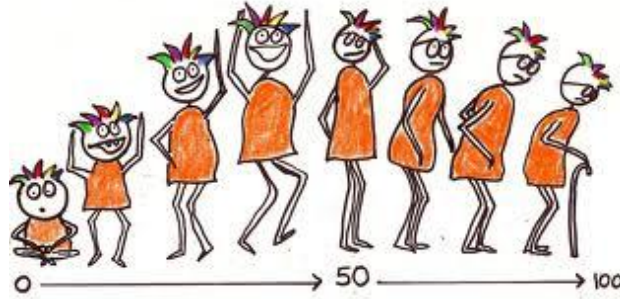


THE PRAISE AND **W**ORSHIP CENTER  
presents  
“THINGS NOBODY TELLS YOU AS YOU AGE”



- Are you noticing changes in your health, your mobility or your energy level?
- Are you noticing your spouse beginning to struggle with the effects of age or deteriorating health?
- Are your parents having some difficulty living by themselves, driving, keeping their home clean, or managing their doctor appointments and medications?
- Are you stressed trying to balance your daily responsibilities?
- Have you ever not dealt with a difficult later life topic thinking, “Oh, my kids will handle it?”

If you nodded your head or said yes to any one part of these questions, join Elaine Poker-Yount, Community Liaison for Visiting Angels – East Valley, as she enlightens you with critical “need to know” information. Infused with humor, but filled with tangible, usable information, Elaine will outline the top ten items you can tackle to navigate elder care as successfully and as gracefully as possible. She will provide answers as she clarifies common misconceptions, helps you identify key decision making indicators, and simply equip you with pertinent information so you can reduce your stress level and find the right options for your family.

**Monday, March 16th - 11:00 a.m.**

**Praise and Worship Center**

**2551 N. Arizona Avenue, Chandler**

**Lunch to follow**

**RSVP's required:** Call April: (480) 657-2210 or email: [a.thalman@cox.net](mailto:a.thalman@cox.net)



*\*\*Be sure to bring a bag.*

*You will go home with oodles of resource information!*

*Are all of your ducks in a row?*

