



“THINGS NOBODY TELLS YOU AS YOU AGE”

Join us to learn the Top 10 Ducks you should have in a row to navigate the aging process as successfully and gracefully as possible

Monday, April 20, 2015

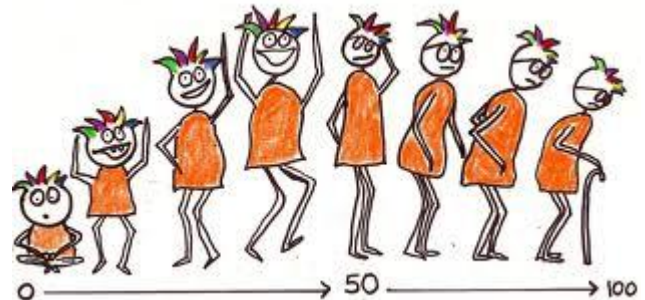
10 a.m.

Pyle Adult Recreation Center

655 East Southern Ave, Tempe, 85282

480-833-8247 / elaine@visitingangelsaz.com

Please RSVP so there will be resource materials for all



- 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?
- 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 provide answers as she clarifies common misconceptions, helps you identify key decision making indicators, and simply equips you with pertinent information so you can reduce your stress level and find the right options for your family.

Are all of your ducks in a row?

