

“AGING WELL”

“Aging Well” is an interactive forum presented by CCVNA. Improve your day to day quality of life. Identify factors that enhance your body’s ability to heal through a body / mind / spirit connection. Discuss personal empowerment through healthy communication, optimism, stress management, intergenerational outreach, humor, and sensory feedback.

Presented by: Nadereh Nasserri BSN, RN, CHPN and Leta Messinger BSN, RN
with CCVNA Home Health Care and Hospice

Place: Centennial Recreation Center, Senior Center
171 West Edmundson Ave
Morgan Hill, CA 95037
408 782 2128

Date: September 15, 2009
Time: 11:00am – 12:00pm