

**FREE EVENT!!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Workshops are offered during two time slots on a first-come, first-serve basis: 9:50-10:35 am and 10:45 - 11:30 am.

**Please select a FIRST and SECOND choice for each time.**

**9:50am - 10:35 am**

Fall Prevention \_\_\_\_\_

Anchored Seashell Canvas \_\_\_\_\_

4 Pillars of Retirement \_\_\_\_\_

**10:45 am - 11:30 am**

Common Sleep Disorders \_\_\_\_\_

Vitamins & Supplements \_\_\_\_\_

Chair Yoga Workout \_\_\_\_\_

Registration forms can be brought or mailed to the Extension Office at:

**Jennifer Brown, FCS Agent  
304 South Morgan St., Room 123  
Roxboro, NC 27573**

OR register online.  
Scan QR code or visit  
[go.ncsu.edu/gusto](http://go.ncsu.edu/gusto)



**Sponsored By**

*NC Cooperative Extension Service  
Person County Center*

*Person County (ECA)  
Extension and Community Association*

*Person County Senior Center*

**For More Information, Contact**

*Jennifer Brown  
NC Cooperative Extension  
Person County Center  
336-599-1195*

*Maynell Harper  
Person County Senior Center  
336-599-7484*



Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Bo Freeman, County Extension Director, at 336-599-1195, or email, [lrfreem3@ncsu.edu](mailto:lrfreem3@ncsu.edu) or in person at the County Extension Office at least 10 days prior to the event.



# AGING WITH GUSTO



*Age my way!*

**August 30, 2022**

**Person County Office Building  
304 South Morgan Street Roxboro  
336-599-1195**



# *Aging with Gusto*

## Tuesday, August 30, 2022

This event will help you be the best you can be, learning about health trends that can help you live your life to the fullest and other topics that will keep you up to date on what is happening in the world around you.

### AGENDA

- 9:00am Registration Starts  
Visit Vendor Booths
- 9:40am Morning Greetings
- 9:50am Workshop Session I
- 10:45am Workshop Session II
- 11:40am Door Prizes/Evaluation
- 12:00pm Adjourn

### WORKSHOPS OFFERED 9:50AM - 10:35AM

#### *Staying on Your Feet - Don't Let Gravity Win*

**Thomas Schwalenberg, BM, EMT-P  
Director of Emergency Services**

Falls affect us all – whether personally or someone we love or care about. This session will look at fall risks for older adults both physical, environmental and medication induced. We will discuss how to evaluate your home to reduce fall risks.

#### *Anchored Seashell Canvas* **Alexandra Robinson**

**Person County Senior Center**

At Person County Senior Center, our mission states, “you are never too old to play!”. Incorporating at least 30 minutes of leisure into our daily lives has a positive impact on our mind, body and spirit. Join us in painting a ‘Life by the Sea’ inspired canvas to display in your home! All materials provided.

#### *4 Pillars of Retirement* **Bryce Snow, Financial Advisor** **Edward Jones**

Attendees will be given an in-depth look into health, family, purpose and finances in order to think through their own circumstances, goals, and challenges so that they can take action that impacts their life in retirement.

### WORKSHOPS OFFERED 10:45AM - 11:30AM

#### *Common Sleep Disorders* **Richard Johnson,**

**Public Health Educator**

**Person Co. Health Department**

Does it seem that you simply can't get enough sleep? If so, check out this brief review of the four key sleep disorders that could be interrupting your sleep. The focus of this presentation will be Obstructive Sleep Apnea (OSA) and Restless Legs Syndrome (RLS).

#### *Vitamins & Supplements: Do's & Don'ts*

**Kasey O'Quinn, Pharmacist**  
**Person Memorial Hospital**

Have you ever wondered about those vitamins and supplements that are not advertised? Are they right for me? Should I spend my money? How will they interact with my current medication? Join Dr. Kasey O'Quinn, Pharmacist at Person Memorial Hospital to learn more.

#### *Chair Yoga Workout* **Maynell Harper, Director** **Person County Senior Center**

Chair Yoga benefits in 4 key areas: Pain Relief and Treatment, Anti-Inflammatory Effects, Stress and Anxiety Relief, and Increased Balance, Flexibility, Mobility, and Core Strength. This workshop will include actual Chair Yoga instruction and handouts. Please wear comfortable clothing and be prepared to remove shoes. Namaste!

