

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

Container Gardening _____

Versatile Pantry _____

Estate Planning/Living Wills _____

10:45 am - 11:30 am

Lock Your Meds _____

Healthy Living for Brain & Body _____

Cardio Drumming 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



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 or Alex Robinson
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 or in person at the County Extension Office at least 10 days prior to the event.



AGING WITH GUSTO



August 29, 2023

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



Aging with Gusto

Tuesday, August 29, 2023

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

Why, What & How of Container Gardening

Johnny Coley, Horticulture Agent

More and more people are planting container gardens! Come learn why individual's container garden, what can be grown in container gardens, and how to successfully grow ornamental or edibles in containers.

Versatile Pantry

Melissa Roseboro, Coordinator
NCSU More in My Basket

Participants will learn the benefits of keeping staple items in your pantry, strategies for creating a stocked pantry, how to recognize ways to organize and keep track of food in the pantry, and we will discuss a variety of meals that can be prepared from staple ingredients.

Estate Planning & Advanced Directives

Cole Voorhies, Staff Attorney
Legal Aid of North Carolina

Attendees will learn about simple wills and advanced planning documents including durable powers of attorney, healthcare powers of attorney, and advanced directives for a natural death. The presentation will have an eye towards the vulnerability of advanced planning tools to potential elder abuse and steps that may be taken to increase vigilance and safeguard against exploitation.

WORKSHOPS OFFERED 10:45AM - 11:30AM

Lock Your Meds

Kyle Smith, Program Manager
Insight Human Services

Half of the people who misuse prescription drugs get them from family or friends. Information will be provided on how to secure your medications, take regular inventory of your meds, safely dispose of medication, and spread the word to family and friends.

Healthy Living for Your Brain & Body **Madison Buchanan, Program Manager** **Alzheimer's Association NC**

For centuries, we've known that the health of the brain and the body are connected. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to incorporate these recommendations into a plan for healthy aging.

Cardio Drumming Workout **Maynell Harper, Director** **Person County Senior Center**

Cardio drumming is, at its core, high-intensity drumming, that incorporates sufficient movement to be a whole-body workout while remaining fun enough for anyone to do with no training and only the most basic equipment. It is a wonderful, inclusive sport, and even those with limited mobility can join in.