Fostering health ~ Coping with frailty

Session 1: Tuesday, September 18
**BUT I WAS BORN YOUNG!**
How and why we age, plus a special Young @ Heart preview.

Session 2: Tuesday, September 25
**HEART OF HEARTS – DON’T FAIL ME NOW!**
Advances in the prevention and treatment of heart disease.

Special Concert: Thursday, September 27
**YOUNG @ HEART CHORUS**
Dana Center, St. Anselm College
Tickets sold separately.
Co-sponsored by: Catholic Medical Center and Elliot Hospital.

Session 3: Tuesday, October 2
**BONING UP FOR THE LONG HAUL**
Helping our joints and skeleton cope with decades of wear and tear.

Session 4: Tuesday, October 9
**WORKING TOGETHER**
The fine art of making complex decisions about your health care options.

Session 5: Tuesday, October 16
**IS THERE LIGHT ON THE HORIZON?**
Making progress in preventing and treating stroke and macular degeneration.

Session 6: Tuesday, October 23
**GREY MATTER MATTERS**
The biology and challenges of Alzheimer’s and Parkinson’s disease.

Session 7: Wednesday, November 7
**SENIORS COUNT: IMAGINE A SENIOR-FRIENDLY COMMUNITY**
Designing livable, walkable, senior-friendly communities for successful aging. Join health care and social service leaders for a community forum and panel discussion about making the greater Manchester area a more senior-friendly community. We value your ideas and suggestions!

**SPECIAL GUEST SPEAKER:**
Elinor Ginzler
Director for Livable Communities,
Office of Social Impact at AARP

DETAILS:
A registration fee of $30 covers all seven sessions. Young @ Heart Chorus tickets sold separately. Regular sessions are Tuesday evenings 6:30-9:00pm at the Derryfield School Auditorium, 2108 River Road, Manchester, NH. Seniors Count forum Wednesday November 7 at the same location. Directions and parking information will be mailed with your receipt.