THE NEW THINKING ABOUT AGING

Open to Everyone
High School Students to Senior Citizens
Register Now!
Space is limited.

Fostering health ~ Coping with frailty

Session 1:
**BUT I WAS BORN YOUNG!**
How and why we age, plus a special Young @ Heart preview with the director and members of the chorus.
Series A: Tuesday, April 3
Series B: Saturday, April 7

Session 2:
**GRAY MATTER MATTERS**
The challenges of Alzheimer’s and Parkinson’s diseases.
Series A: Tuesday, April 10
Series B: Saturday, April 14

Special Concert: Tuesday, April 17
**YOUNG @ HEART CHORUS**
Moore Theater, Hopkins Center
Tickets Sold Separately

Session 3:
**WORKING TOGETHER**
The fine art of making complex decisions about your health.
Series A: Tuesday, April 24
Series B: Saturday, April 21

Session 4:
**HEART OF HEARTS – DON’T FAIL ME NOW!**
Advances in the prevention and treatment of heart disease.
Series A: Tuesday, May 1
Series B: Saturday, April 28

Session 5:
**BONING UP FOR THE LONG HAUL**
Helping our joints and skeleton cope with decades of wear and tear.
Series A: Tuesday, May 8
Series B: Saturday, May 5

Session 6:
**IS THERE LIGHT ON THE HORIZON?**
Making progress in preventing and treating stroke and macular degeneration.
Series A: Tuesday, May 15
Series B: Saturday, May 12

Session 7: Sunday, May 20
**MAPPING THE FUTURE**
Designing our communities and health care systems for successful aging. Join health care and social service leaders for a community forum, health fair and more. We value your ideas and suggestions! All events take place at the Hopkins Center, Dartmouth College.

~ Health Fair ~
Noon to 2:00pm
~ Mapping the Future Forum ~
2:00pm to 4:00pm
~ Panel Discussion ~
4:00pm to 5:00pm

DETAILS:
- Tuesday evening Series A will be held 6:30pm to 9:00pm at the Kellogg Auditorium, Dartmouth Medical School Hanover, NH.
- Saturday morning Series B will be held 10:00am to 12:30pm at the Lebanon Senior Center, Lebanon, NH.
A registration fee of $30 covers all seven sessions.
Young @ Heart Chorus tickets sold separately. Check http://hop.dartmouth.edu for availability.

TO REGISTER CALL (603) 653-1532
http://dms.dartmouth.edu/dcms

Offered in association with
DARTMOUTH-HITCBOCK MEDICAL CENTER