

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-HITCHCOCK MEDICAL CENTER