Informed Senior Seminar

Friday, April 3 • 8:30 a.m. - 12 p.m.

Free education and resources for seniors and those that care for them.

Location

OSU/OKC Campus 900 N Portland Ave Student Center – 3rd Fl

Free event No registration needed

Registration for door prizes and the continental breakfast starts at 8 a.m.

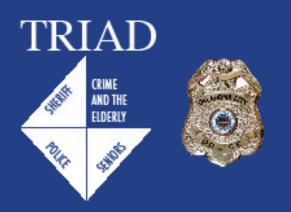
Panel discussion:

Ask the Doctors

- Pain management
- Alzheimers
- Podiatry

Breakout sessions:

- Why the 2020 Census is important & how to avoid recent scams
- Understanding Alzheimers & dementia
- Fall & fire prevention /CarFit
- Supplements for chronic disease



Informed Senior Planning Committee

Oklahoma City's Action Center, EMBARK, Police and Fire Dept's
Areawide Aging Agency Inc.
Oklahoma Attorney General's Office
Oklahoma Insurance Department
OKC-County Health Department
Oklahoma County Sheriff's Office
Thrifty Pharmacy
Oklahoma Senior Journal
Well Preserved Advisory Group

Informed Senior Seminar

Schedule

8-8:30 a.m.
Continental Breakfast

8:30-8:45 a.m. Welcome and Introductions

8:45-9:45 a.m. Panel Session:

9:45-10 a.m.

10-10:45 a.m. Breakout Session I

10:45 - 11 a.m.

11 a.m. - 11:45 a.m. Breakout Session II

11:45 a.m.-12:30 p.m. Door Prize Drawing & Closing

Breakout Sessions & Room Assignments

(All classes will be offered during both sessions, so pick two, in any order!)

Supplements for chronic disease Conference North

 Allyson Drain, MS, RD/LD Dietitian for OKC-County Health Dept.

Why the 2020 Census is important & how to avoid recent scams

Conference South

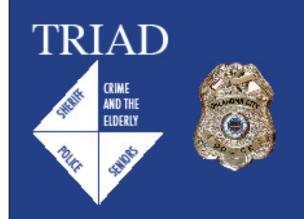
- Sheryl Presley, Oklahoma City Police Department
- Auggie Augenstein, Census Bureau

Understanding Alzheimers & dementia Room 304

• Carla Scull, Alzheimers Association

Fire & fall prevention / CarFit Pruitt Room

 Majors Antonio Carbajal & Julian Gaona, Oklahoma City Fire Department



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