



How to Live Your Best Life! - Schedule -

<u>TIME</u>	<u>SESSION TITLE</u>	<u>WHAT'S IT ALL ABOUT?</u>
8:45 – 9:00 AM	Welcome & Arrival	Arrive early, get settled, and grab a good seat!
9:00 – 9:45 AM	Wellness	Helen Oesterle, YMCA Health & Fitness Instructor Add life to your years and years to your life! Practical tips for vibrant living.
10:00 – 10:45AM	Technology	Martin Piccoli, Digital Navigator, Ctr for Active Living Navigating the Digital Wild Learn to navigate modern tech with confidence.
11:00 – 11:45 AM	Universal Design	Paula Kennedy, CMKBD, CLIPP, CACC, Timeless Kitchen Design LLC Adapt your space not your lifestyle! Smart ways to make your home work for you.
12:00 – 1:30 PM	Lunch Break	Enjoy some food and a chance to recharge. Visit with Exhibitors.
1:30 – 2:30 PM	Medicare Open Enrollment	Presented by SHIBA (Statewide Health Insurance Benefits Advisors) Understand. Compare. Enroll with Confidence! Get the vital info you need.

Visit Our Exhibitors!

Take time throughout the day to visit our exhibitors and learn about their products & services