



LIVING IN BALANCE

Friday, October 18, 2019 - 8 a.m. - 2 p.m.

Living in Balance is a resource fair that aims to address several aspects of aging. The fair is open to adults planning for the future or piecing it all together now.

AGENDA:

8-8:45 a.m. Sign-in, Breakfast, Check Out Vendors

8:45-9:30 a.m. Coffee with Chief Creager

9:45-10:45 a.m. **Break-out Sessions:**

Fight Economic Fraud

Presented by the Broomfield Police Department

Basic Zentangle: Relaxation thru Art

Presented by Valentine Roché, Certified Zentangle Teacher

DeClutter

Presented by Jennifer Hanzlick, Clutter Trucker

10:45-11:00 a.m. BREAK

11:00-Noon **Break-out Sessions:**

Nutrition & Diabetes

Presented by Brittany Sparks, Registered Dietitian Nutritionist

Asset Protection and Medicaid Qualification

Presented by Rick Romeo, Vincent, Romeo & Rodriguez, LLC

All Joints

Presented by Dr. Warner Hettick, Mile High Spine & Pain Center

12:15-12:45 p.m. LUNCH

12:45-1:30 p.m. Closing Keynote: Jennifer Hoffman, City and County Broomfield Manager

1:30-2:00 p.m. Door Prize Giveaway !

REGISTRATION IS REQUIRED:

\$8 residents/\$10 non residents

Thank you to our sponsor Family Hearing



— Since 1963 —

