



Stress-free Aging: Planning for Health & Long-Term Care

Join us for lunch, learning, and resources for stress-free aging!

Wednesday, May 23, 2018
12 noon to 4 p.m.

Renton Community Center
1715 Maple Valley Highway, Renton

PROGRAM

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| 12 p.m. | Free Lunch |
| 12:30 p.m. | Our Lives, Our Choices: End of Life Planning
<i>Dr. Jim deMaine, a retired pulmonary/critical care Group Health physician</i> |
| 2 p.m. | Life Planning for Retirement
<i>Rajiv Nagaich, Aging Options</i> |
| 3:30 p.m. | Drawings and closing remarks |

RSVP: www.surveymonkey.com/r/SD7PF8R

EXHIBITORS INCLUDE



The Healthy Aging Partnership (4elders.org) encourages everyone to participate. For accommodations or accessibility information, contact Karen Winston at 206-684-0706 or karen.winston@seattle.gov.