



Active Adults 55+

Women's Expo & Craft Fair

Saturday, October 6

9a.m.-2p.m.

Veterans Memorial Community Center

National Guard Gymnasium

Learn about health, beauty, and other important services for women and shop jewelry, clothing, art and other goods tailored to women.

Guest Speakers:

9:30-10:15am	Kim Kane, Author of "Sparkle on. Women Aging in Gratitude."
10:30-11:15am	Dr. Greg DeNunzio, "Muscle Activation to Prevent Back and Extremity Pain"
11:30am-12:15pm	Melissa Spies, Music Therapist
12:30-1:15pm	Sandy Mighell, "What is Qigong Exercise?"