

“A healthy attitude is contagious,  
don't wait to catch it from others.”  
-Tom Stoppard

**2016 Senior Empower Day**  
**Little River Casino Resort - Event Center**  
At the Intersection of US 31 North and M 22,  
North of Manistee.

**Little River**

CASINO RESORT

2700 Orchard Hwy  
Manistee, Michigan

**Advance registration required  
by August 31, 2016**

## Senior Empower Day

*“Don't Gamble With Aging”*

**Thursday, September 22, 2016**

“The future belongs to  
those who prepare for it.”  
-Ralph Waldo Emerson



Event hosted by Board of Advisors  
**AREA AGENCY ON AGING**  
*of Northwest Michigan*

1609 Park Drive, PO Box 5946  
Traverse City, MI 49696-5946

**info@aaanm.org**

Phone: **800-442-1713** Fax: **231-947-6401**

E-mail: **newmandol@aaanm.org**



**Need a ride?** Contact the Area Agency on Aging  
of Northwest Michigan or your local Council on  
Aging office to learn if transportation is being  
coordinated in your area.



**AREA AGENCY ON AGING**  
*of Northwest Michigan*

# Senior Empower Day 2016

8:30am - 3:00pm

“ Don't Gamble With Aging ”

Senior Empower Day (SED) is presented by the Board of Advisors of the Area Agency on Aging of Northwest Michigan. SED is designed to provide accurate, timely and educational information to seniors in a fun relaxing setting. The Board of Advisors host the SED at various locations around Northwest Lower Michigan to allow attendees a chance to visit different counties.

## Senior Empower Day

### Little River Casino Resort - Event Center

At the Intersection of US 31 North and M 22,  
North of Manistee.

### Cost \$10

Generous financial sponsorship and volunteer support keep the registration fee low.

**Advance registration is required  
by August 31, 2016**



## Agenda

- 8:45 - 9:30** Registration & Refreshments  
**9:30** Opening Remarks & Welcome  
**Sharon Flewelling** Chair - AAANM  
**Margo Jacobs** Hospice of Michigan - Emcee  
**9:45 - 10:15** Speaker  
**Richard Kline** Acting Executive Director - Aging and Adult Services Agency of Michigan  
**10:15 - 10:30** Break  
**10:30 - 11:00** Speaker  
**Douglas Durand** Executive Director - Benzie County Council on Aging  
**11:00 - 11:15** Break  
**11:15 - 11:45** Speaker  
**Mary Ablan** Executive Director of the Area Agency on Aging Association of Michigan  
**11:45 - 1:00** Lunch  
*Sit down lunch will be served*  
**1:00 - 1:45** Matter of Balance Demonstration  
**Darcia Brewer** Nutrition and Health Promotion Coordinator - AAANM  
**1:45 - 2:00** Speaker  
**Sharon O'Brien** Health Promotion program Assistant - AAANM  
**2:00 - 2:40** Time For Your Questions  
**Richard Kline, Mary Ablan, Doug Durand Sarah Howard** Executive Director of the Manistee County Council on Aging  
**Lisa Robitshek** Northwestern Michigan Community Action Agency - Meals on Wheels Manager  
**2:40 - 3:00** Closing Remarks & Farewell  
**Margo Jacobs**

## Advance Registration Form

**Due by August 31, 2016  
(Please print all entries clearly)**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

County of Residence: \_\_\_\_\_

(Non-refundable fee covers attendance, materials, refreshments, lunch and chance to win door prizes!)

Detach registration form and prepare your check or money order payable to AAANM.

**Mail form and payment by August 31 to**

AAANM  
PO Box 5946  
Traverse City, MI 49696-5946

A healthy active lifestyle and planning ahead are priority for senior citizens. There are many services and programs available right here in our area. Our guest speakers are here to "Empower" you.

“ Aging can be fun if  
you lay back and enjoy it. ”

-Clint Eastwood