

VITAL AGING: ACHIEVING YOUR BEST LIFE



Peninsula Volunteers, Inc., offers a free half-day seminar in honor of the 60th Anniversary of Little House, The Roslyn G. Morris Activity Center

Sunday, May 31, 2009
1:00 pm to 4:30 pm

Keynote Speaker: Dr. Walter M. Bortz II, Expert on Longevity and Healthy Aging

Other experts on:

MEMORY

Dr. J. Wesson Ashford

TECHNOLOGY

Susan Ayers Walker

TRANSPORTATION

Family Service Agency of San Mateo County

Metropolitan Transit Commission, Department of Motor Vehicles

CRIMES AGAINST OLDER ADULTS

Legal Aid Society, Menlo Park Police Department (Invited)

FITNESS AND NUTRITION

Ruth Anne Bortz

Seating is limited. Pre-registration is recommended.

PENINSULA VOLUNTEERS LITTLE HOUSE

800 Middle Avenue • Menlo Park, CA 94025

650-326-2025 x 231

www.peninsulavolunteers.org



**Peninsula
Volunteers, Inc.**

VITAL AGING: ACHIEVING YOUR BEST LIFE REGISTRATION FORM

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60th Anniversary of Little House, The Roslyn G. Morris Activity Center*

Sunday, May 31, 2009 • 1:00 pm to 4:30 pm

Schedule of Events:

1:00 – 1:30 REGISTRATION

1:30 – 2:15 DR. WALTER M. BORTZ II, KEYNOTE SPEAKER

2:30 – 3:15 CONCURRENT SESSIONS (SELECT ONE)

Memory (*Dr. J. Wesson Ashford*)

Transportation Panel (*Family Service Agency of San Mateo County, Silver Rides
Metropolitan Transit Commission, Department of Motor Vehicles*)

3:30 – 4:15 CONCURRENT SESSIONS (SELECT ONE)

Technology (*Susan Ayers Walker*)

Crimes Against Older Adults Panel (*Legal Aid Society, Menlo Park Police Department (Invited)*)

4:15 FITNESS AND NUTRITION (RUTH ANNE BORTZ)

Ice Cream Social and Raffle

Seating is limited. Pre-registration is recommended.

Name _____

Address _____

Telephone _____

Email address _____

For more information call: 650-326-2025 ext. 231

FAX completed form to: Peninsula Volunteers, Inc. 650-326-9547

or Mail form to:

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