

REINVENTING AGING CONFERENCE:

Embrace Change

SATURDAY, MARCH 15, 9:30 am - 3:30 pm

Join us for the annual Avenidas Reinventing Aging Conference, a resourceful event dedicated to empowering older adults. Don't miss this opportunity to learn, connect, and redefine what aging means to you!



REGISTER
TODAY

\$35 TICKETS



Scan with your phone
camera to register.

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The day kicks off with a
keynote by gerontologist
Sally Duplantier,
presenting a powerful
talk about embracing new
challenges at any age.



AGENDA & SESSIONS

9:00 to 9:30 am - Registration & Coffee

9:30 to 10:00 am - Keynote, Sally Duplantier, gerontologist

10:15 to 11:15 am - Why Muscle Matters, Dr. Allan Mishra

Replenishing Rhythms: Tools for Cultivating a Healthy Relationship
with Sleep, Dr. Kristen Faye Bunda

11:30 am to 12:30 pm - Eating for Optimal Health: Impacting
Inflammation, Valerie Woolley, MS, MBA, RDN

Fake News! - Angela Cearns, AsKevin Digital

12:30 to 1:15 pm - Lunch

1:15 to 2:15 pm - Demos

- Demo: Pole-walking, Jayah Faye Foley, CPT
- Demo: Resistance Band Training, Jenni Castaldo, CPT
- Demo: Therapy Dog Visits, Peninsula Humane Society
- Demo: Chat GPT vs. Deepseek vs. Copilot, Angela Cearns, AsKevin Digital Coaching
- Demo: Healing Sound Bath, Sabrina Huang, Six Senses Healing

2:30 to 3:30 pm - Healthy Posture for Healthy Aging, Esther Gokhale

Be an Inward Traveler: Learn how to explore your world mindfully—
whether near or far, Francine Toder, Ph.D.



Avenidas
Re-Inventing Aging

Register at avenidas.org or call
650-289-5400, if you have questions.

450 Bryant Street, Palo Alto
Free parking in the garage across the street.

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Reinventing Aging

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Reinventing Aging:

Eventually, you will categorically discover a additional experience and success by spending more cash. yet when? realize you understand that you require to get those all needs as soon as having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more all but the globe, experience, some places, once history, amusement, and a lot more?

It is your extremely own times to discharge duty reviewing habit. along with guides you could enjoy now is **Reinventing Aging** below.

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