



Community Conversations 2012

**A FREE, three part series to help
you or your aging family member
plan and prepare for happy and
healthy aging**

Featuring expert keynote speakers and local resource representatives

Tuesday, January 24, 9:00 a.m.-Noon

Saturdays: February 4, & March 13 Time: 10:00 – 11:30 a.m.

Where: Culver City Senior Center

4095 Overland Avenue (on the corner of Culver & Overland)

Tuesday, January 24

*Elder Abuse Senior Action
Fair: Protect Yourself
Against Fraud & Abuse*

Welcome & Opening Remarks by:
Micheál O' Leary, Culver City Mayor

Featuring:

Culver City Police Department, the
Federal Bureau of Investigation (FBI),
Social Security Administration, CA
Department of Consumer Affairs,
U.S. Postal Service Inspection, Center
for Health Care Rights, State
Department of Insurance, Benefits
Enrollment Center.

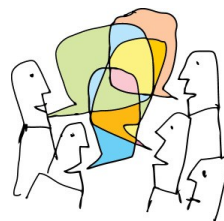
**The Elder Abuse Senior Action Fair
is Co-Sponsored by WISE &
Healthy Aging and the Culver City
Senior Center.**

Sat., February 4

*Total Body Fitness:
Staying Healthy as
You Age*

*Featuring experts that will help
you stay fit from your head to
your toes! Including...*

Memory Training, Dentistry,
Audiology, Balance Fitness and
Physical Therapy, Registered
Dietician, Holistic Medicine,
Podiatry and Prescription &
Medication Management



Sat., March 3

*Mental Fitness: Aging
& Keys to Optimum
Cognitive Health*

Featuring:

Susan B. Geffen, author of *The
7 Triggers of Mental Health
Decline in Seniors... And How
to Disarm Them Forever*;
L.A. County Department of
Mental Health; WISE &
Healthy Aging; Didi Hirsch
Community; Mental Health
Center; Alzheimer's
Association, Antioch
University Counseling Center;
National Alliance on Mental
Illness. Opening Entertainment
by the C.C. Strummers Senior
Ukulele Group

Refreshments will be provided.



*Co-sponsored by the City of Culver City, Parks, Recreation & Community Services Department,
Senior & Social Services Division, and Culver City Senior Citizens Association, Inc.*