



Aging: Planning and Coping Conference

Wednesday, August 24, 2011
8:30 a.m. to 3 p.m.

St. Peter's By the Sea
1371 Sunset Cliffs Blvd.
San Diego, CA 92107

During this free event, learn how to plan your future health care needs and understand your resources. Also get information from experts in the field of aging and health care to help you to navigate your “golden years” more effectively.

This seminar includes continental breakfast, lunch and educational materials.

Registration is required, seating is limited.

For more information or to register, please call 1-800-82-SHARP (1-800-827-4277)
or visit www.sharp.com.

Please see reverse side for program details.

Sponsored by:

SHARP Memorial
Hospital

SHARP HealthCare
Foundation

SHARP Hospice
Care

 **LivHOME**
Live long. Live well. LivHOME.™



Aging: Planning and Coping Conference

Wednesday, August 24, 2011
8:30 a.m. to 3 p.m.

St. Peter's By the Sea
1371 Sunset Cliffs Blvd.
San Diego, CA 92107

Activities

8:30 to 9 a.m.

Registration
Breakfast sponsored by LivHome

9 to 9:30 a.m.

*Welcome: and Introduction
of Sponsors and Exhibitors*
Andrea Holmberg,
Sharp Senior Resource Center

9:30 to 10:30 a.m.

Health Care Planning
The Importance of Making Your Wishes Known
John Tastad, SCC. Sharp HospiceCare

10:30 to 11 a.m.

Break: Visit exhibit tables

11 to 11:45 a.m.

Coping With Change
Understanding the Psychological
Changes of Aging
Dr. Geoff Twitchell, Sharp Grossmont Hospital

11:45 a.m. to 12:30 p.m.

Lunch sponsored by
Sharp Memorial Senior Resource Center

12:30 to 1:15 p.m.

Planning for the Future
Marsha Lubick, M.P.H., VP for Philanthropy
Sharp HealthCare Foundation

1:15 to 2:30 p.m.

Geriatric Frailty Syndrome
Understanding the Physiology
of the Aging Process
Dr. Daniel Hoefer, Sharp HospiceCare

2:30 to 3 p.m.

Visit exhibit tables