

The Wellesley Council on Aging, the Friends of Wellesley Council on Aging, ESC of New England, Encore Boston Network, and the Wellesley Health Department proudly present

ReInvest in You

A conference and expo to help you navigate the next exciting chapters of your life

Saturday, December 3, 2016

8:30a.m. - 2:30p.m.

Wellesley High School

50 Rice Street, Wellesley, MA 02482



Robin Young Keynote Speaker & Panel Moderator

Robin Young, host of *Here & Now* on WBUR, Peabody award-winning documentary film maker and winner of several television Emmy awards, will provide the keynote address and moderate a panel discussion regarding health & wellness, discovering one's encore, connections and relationships, and strategies for resilience.

Workshops & Exhibitors

Select from a schedule of workshops, and visit more than 40 exhibitors of leading organizations and professionals who will share their expertise in Health & Wellness, Discovering Your Encore, Connections & Relationships, and Financial Planning & Preparation:

- Aging Boldly - The ABC's of Movement
- Mindfulness Training
- Couples Retirement Opportunities
- Finding Your Encore
- Boomers Guide to Preparing Your Money for Retirement
- Encore Fellowships: Second Acts with Social Purpose
- Eat to Feel GREAT
- Women - Staying Active, Strong & Sexy
- Yoga for Living Well
- Guidance for Children with Declining Parents
- Thinking Beyond the Money

See reverse side for workshop details
Continuing Education Units (CEU's) will be offered to nurses

Registration: \$20 prior to event, **\$25** at door. Includes lunch and drawing for prizes.

To register: Go online to reinvestinyou2016.eventbrite.com, fill out and mail form on back, or phone 617-357-5550. Registration is non-refundable. For more information go to www.wellesleyfriendscoa.com.

“Reinvest In You” Schedule

8:30 a.m. Registration & Visit Exhibitors

9:15 a.m. Introduction & Panel Discussion Moderated by Robin Young

Robin is joined by three experts in the field of life's transitions. **Dr. Dorian Mintzer**, co-author of *The Couple's Retirement Puzzle* and coach for Boomers and Beyond, will emphasize transitioning to the second half of life with connections, engagement, and meaning. **Doug Dickson**, co-founder and Board Chair of Encore Boston Network, will discuss the importance of finding and maintaining a sense of purpose to assure health and longevity. **Pamela Katz Ressler**, founder of Stress Resources, will share her extensive research and experiences regarding strategies for resiliency which are grounded in both science and in the relationship of health and human connections.

10:30 a.m. Break & Visit Exhibitors

11:00 a.m. Workshops

1. Aging Boldly – The ABC's of Movement Bryan Agurcia will present how to optimize movements as the body changes with time, doing this safely to avoid injury, based on scientific research on keeping joints mobile and functioning optimally with each passing year.

2. Mindfulness Training Pam Ressler of Stress Resources will help you cope with stress by shifting from reaction to responsiveness by engaging in various types of mindfulness meditation exercises and techniques, gentle body stretches, and self-inquiry exercises.

3. Couples Retirement Opportunities Dr. Dorian Mintzer will discuss the “must conversations” that help couples clarify their visions and transition into retirement in successful and rewarding ways, beginning with the impact of close family relationships.

4. Finding Your Encore David Guydan and Marion Nierintz, ESC of New England, will lead an interactive program that defines the encore stage of life, presenting healthy aging through purposeful work with social impact in the nonprofit sector. Explore your motivations, interests, and competencies that combine personal meaning while serving the greater good.

11:45 a.m. Break for Free Box Lunch & Visit Exhibitors

12:30 p.m. Workshops

5. Boomers Guide to Preparing Your Money for Retirement Jennifer Lane of Compass Planning Associates will guide anyone over 40 in financially planning for retirement, confidently executing that plan and staying on course. Learn how much money is needed, how to save it, where to put it, and whom to ask.

6. Encore Fellowships: Second Acts with Social Purpose Considering transitioning into paid work in a nonprofit organization? Donna Morelle, ESC of New England, will help you discover how you can be matched to use your skills in a nonprofit, with step-by-step instructions on how to apply for a fellowship.

7. Eat to Feel GREAT Sue Levy, founder of Savory Living, will provide practical nutrition information and easy time-saving tips to eat to achieve your goals, avoid common food traps, and enjoy the foods you love.

8. Women – Staying Active, Strong, & Sexy Dr. Ronee Skornik will focus on common issues women face from midlife onward, including normal changes to expect as you age, causes for concern, and what you can do to be the best you.

1:30 p.m. Workshops

9. Yoga for Living Well Leslie Worris of Wellness Alliance will help you discover the joys of Hatha yoga at a gentle, accessible pace, working within your limits to build strength, flexibility and improved balance and posture. Includes breath work, relaxation and meditation.

10. Guidance for Children with Declining Parents Michael Abend of Extended Family of Wayland will help children with key questions regarding mom and dad's welfare. He will discuss recognizing and assessing their needs, whether it is practical to engage others, and laying out the options to make the best decisions for all.

11. Thinking Beyond the Money While money is an important part of retirement, David Guydan and Marion Nierintz, ESC of New England, will lead you toward a creative and comprehensive model that considers the possibilities of home, security, fitness, connection, purpose and balance.

2:20 p.m. Raffle & Prize Drawing (must be present to win)

Detach & Register Today (if not registering online, or by phone)

Name (s) _____

Phone _____ Email _____

Address _____ Town _____ Zip _____

I want to register for these Workshops (circle only one from each section):

1	2	3	4	5	6	7	8	9	10	11
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Make your check of \$20.00 per attendee payable and mail to: *Friends of Wellesley Council on Aging*, 219 Washington Street, Wellesley, MA 02481.