



BACK TO THE BASICS OF ABC'S

LEARN HOW TO AGE BETTER CONFIDENTLY

Join us for a fun-filled extravaganza! Entertainment, speakers, vendors, wellness checks, prizes

WHEN: OCTOBER 5TH, 10 AM - 4 PM

Where: Portland Expo Center, 2060 Marine Dr, Portland, OR 97217

Admission: Free, but please bring a non-perishable food item for the Oregon Food Bank and Clark County Food Bank

FREE PARKING: For the first 300 attendees, courtesy of SeaStar Senior Services and Medicare Mark Fuchs

Featured Speaker: **Margaret Carter** - "Age Confidently"

Additional Speakers

- **Nathan Begley**, Good Advice Law Firm - "How not to end up like Britney Spears"
- **Alia Alhumaid, MD**, Evergreen Geriatrics, LLC - "A Holistic Approach to Care for Seniors"
- **Alex Baker, MT-BC, CDP**, Bridgetown Music Therapy - "Harmonizing Health: Exploring Music and Wellness"
- **Morgan Brown**, Mac Contractors - "Bringing Back The Granny Flat: ADUs for Aging in Place"
- **Kimberly Steele & Laura Olson**, Changing Places - "A New Beginning: Embracing Downsizing With Confidence"

Wellness Checks: Blood pressure checks, Immunization clinic
PRIZES: Door prizes are valued at \$25 every half hour. Attendees can win a Grand Prize: Two nights' stay and dinner at a travel destination by visiting sponsor booths.

**CONTACT SEASTAR SENIOR SERVICES: 503.583.2292 OR
INFO@SEASTARSENIORSERVICES.COM**

