



Boomers and Beyond Creating a New Paradigm

The Sedona Community Center and the Sunrise Center for Adults combine with the Sedona YMCA to present this Annual Spring Conference for YOU!!

LUNCH

**Tips for
POSITIVE
AGING**

**April 27, Saturday
9am to 3:30pm
at Sedona YMCA
525-B Posse Grounds Rd
(former Teen Center)**



Sedona
Community
Center



Sedona Sunrise
Center for
Adults



Sedona YMCA

Speakers

Dennis Garvey, Dean of Life Long Learning, Yavapai College, Author: "Sex, Drugs, and Growing Old, a Boomers Guide to Aging"

Elizabeth McFarland, JD. "Preparing for the Expected and the Unexpected"

John Tamiazzo PhD, Executive Director, Community Center, Author: "Returning to the Land of Oz, Finding Hope, Love, and Courage on Your Yellow Brick Road"

Kevin Doyle MD, Medical Director Granite Mountain Home Care/Hospice

Ann Snowden Crossman, "Young at Heart, Aging Gracefully with Attitude"

Carol Oveross, YOGA

DOOR PRIZES RAFFLE!

Contact Person: Jane McGraw 928-284-5305

Registration Form

Conference registration includes: lunch, beverages, and snack break, informational materials, and vendors. **Admission fee: \$59 per person, or \$69 at the door.**

Name _____

Address: _____

Email _____

Phone _____

Mail completed form and check, made payable to:

Sedona Community Center, 2615 Melody Lane, Sedona, Arizona 86336

One registration form per person. All proceeds benefit the Sedona Community Center and the Sedona Sunrise Center for Adults

VENDOR SPACE AVAILABLE: \$75. See www.sedonasunrisecenter.org for sign up form