



Program Schedule

Saturday, March 9

8:45 am
Doors Open

8:45 am - 9:15 am
Meet & Greet
Includes Light Refreshments
and Service Provider Displays

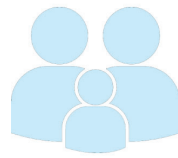
9:15 am - 9:30 am
General Welcome
Simple Exercises with Physical Therapist,
Melinda Ferguson

9:30 am - 10:30 am
Workshops:
Housing/Lifestyle Planning
Sharing Critical Info with Loved Ones
Healthy Eating for Healthy Aging

10:30 am - 10:45 am
Break

10:45 am - 11:45 am
Workshops:
Wealth Transfer in Today's Legal World
Housing/Lifestyle Planning
Healthy Eating for Healthy Aging

11:45 am - Noon
Service Provider Displays



Sharing Critical Information With Your Loved Ones

Want to give your loved ones a gift that is priceless? Start filling up your "Binder of a Lifetime (BoaL)": household information, legal documents, end-of-life wishes, reflections, ALL IN ONE PLACE! "BoaL" provides:

- 1) peace of mind for you
- 2) meaningful conversations with friends and family NOW
- 3) comfort to friends & family members now and in the future

Steve Long
Founder - Long Memories
Make, Capture, Organize & Share Life-Long Memories

Wealth Transfer in Today's Legal World



With the typical family no longer concerned about estate taxes, there is an easy, quick and efficient way to ensure that your loved ones receive the assets you wish to leave them. Gone are the days of loved ones having to spend time, money, and energy just to inherit assets. This presentation will explain the modern method of wealth transfer in today's legal world.

Andrew Ferguson, ESQ.
Attorney at Rebold Larkin Murray, LLC
Estate Planning, Real Estate, and Small Business
Super Lawyer's Rising Stars list for 2019



Housing/Lifestyle Planning

Planning for our life events as we age allows us to make our wishes known and help to support our loved ones before there is a crisis. Making decisions before a health or life crisis can help to remove that extra stress during an already difficult time.

Ginny Uehlin
VP, Residential Housing & Healthcare
Episcopal Retirement Services

Healthy Eating for Healthy Aging



A healthy approach to eating makes you feel better in the present and can help prevent, and maybe even treat, health problems. It is never too early, or too late, to start. Come learn the newest in nutrition for heart, brain and overall good health. We'll share recipes and cooking tips.

Diane Dew, RD, LD, CSC, FAND
Nutrition, Wellness, Coaching
Dew Nutrition



REGISTRATION FORM

Please fill out all information and mail to:
MWPC Healthy Aging Workshop, 6474 Beechmont Ave, Cincinnati, OH 45230
or register online at www.mwpc-church.org/care

Name: _____

Address: _____

City: _____ State: _____ Zip: _____


Email: _____ Phone: _____

Workshop Selection

Each attendee will attend two workshops.
Although you will attend only two workshops, please select three preferences
in case we reach maximum capacity on any of your choices:

- Housing/Lifestyle Planning
- Wealth Transfer in Today's Legal World
- Sharing Critical Information With Your Loved Ones
- Healthy Eating for Healthy Aging

Questions? Call the church office at (513) 231-2650.



The flyer features a light yellow background with a blue diagonal stripe. At the top, the text 'Healthy Aging' is written in a large, elegant cursive font. To the left of this, the words 'OWNING YOUR FUTURE' are stacked in a smaller, sans-serif font. Below the text is a photograph of an elderly couple walking together outdoors, smiling, with a body of water and trees in the background. At the bottom of the flyer, the event details are listed in a clean, sans-serif font.

Healthy Aging
OWNING
YOUR
FUTURE

Join us for a
FREE Workshop

Saturday, March 9, 2019
9:00 am - Noon

Mt. Washington Presbyterian Church
6474 Beechmont Avenue
Cincinnati, Ohio 45230

Register today. Space is limited.