The impact of aging on our minds and bodies have led many to new sources of creativity and awareness. In this way, growing older is an art – and for those who prepare and practice it well, it can bring great rewards. Join us at Palomar Health’s Healthy Aging Conference to learn how to best prepare for changes as we age. Explore timely topics including a keynote session presented by the Mayo Clinic on the effects of aging both mind and body. And discover tips on taking care of your skin, ways to improve your diet and how to stay resilient through the aging process. Find out how these tools can help you maintain your health and function as you grow older.

When
February 26, 2020
10 a.m. – 2 p.m.

Where
Carmel Mountain Ranch Estate
14050 Carmel Ridge Road
San Diego, CA 92128

Fee $30
Includes lunch, healthcare discussion and parking

Speakers

Amit A Shah, MD
Keynote Speaker
Mayo Clinic
Aging Gracefully

Janice Baker, RD, CDE
Palomar Health
Dish on Diet & Nutrition

Nancy Chen, MD
Palomar Health
Looking Skinsational

Michelle Hemmings, PsyD
Palomar Health
Resilience in Aging

Agenda

10 a.m. Greeting & Morning Stretch
10:15 a.m. Keynote Session: Aging Gracefully
Dr. Amit Shah, MD, Mayo Clinic
11:15 a.m. Break
11:30 a.m. Lunch & Session 1: Dish on Diet & Nutrition
Janice Baker, RD, CDE Palomar Health
12:15 p.m. Stretch Break
12:25 p.m. Session 2: Looking Skinsational
Dr. Nancy Chen, MD, Palomar Health
1:10 p.m. Session 3: Resilience in Aging
Dr. Michelle Hemmings, PsyD Palomar Health
1:55 p.m. Closing Remarks & Opportunity Drawing
2 p.m. Conference Ends

Registration Required
Visit PalomarHealth.org/Aging or call 442.300.9300.