

healthy aging expo

connect with community resources

Healthy Aging Expo - Connect with Community Resources

Free and open to the public, the Healthy Aging Expo brings together local support groups and educational programs to discuss better living!

Held at the [Desert Foothills Library](#), the Healthy Aging Expo will feature health and wellness vendors and local experts. You will have the opportunity to meet and connect with our community's providers, resources, and more!

Interactive events, exhibits, demonstrations, and presentations on various health related topics will also be offered.

For more information, or to become a resource provider, volunteer or sponsor, please call 480-488-1105 or visit foothillscaringcorps.com

No registration needed, just come enjoy the day with us!

Ways to Pay for Long-Term Care

9:30 a.m.

Steve Dabbs from the VA will present Ways to Pay for Long-Term Care. Steve will speak on modern options to Long-Term Care Insurance, VA Benefits, and dispel the myth of what spend-down means.



Patient Advocacy: How to Talk with your Doctor 10:30 a.m.



At 10:30 am Patient Advocacy: How to Talk to Your Doctor with Dr. Tiffany Pankow. Come and learn how to better understand the dynamics of an office visit with your doctor, how to effectively advocate for better care, improve communication, and create a mutually beneficial relationship.

Cognitive Intervention for Early Stage Dementia: The Smart Program 11:30 a.m.

Dr. DenBoer's presentation will focus on cognitive intervention for early-stage memory loss. This will promote new and novel learning as a mitigation for cognitive protection.



Living with Chronic Disease 12:30 p.m.



Presented by
Hospice of the Valley
Goals of this presentation

- Explain chronic diseases
- Discuss how the Hospice of the Valley programs and services can assist
- Describe community resources that are helpful

Zumba Gold 1:30 p.m.

Join the Desert Foothills
YMCA in this easy-to-follow
program that lets you move
to the beat at a slower
rhythm than a regular
Zumba class!



STAY CONNECTED



Desert Foothills Library | 38443 N. Schoolhouse Road, P.O. Box 4070, Cave Creek, AZ 85327