

Human Services invites individuals 50+ to attend the

Living Well Expo



Live, Laugh, Love!

Saturday, September 26, 2015, 8 a.m. - 1 p.m.

at Civic Plaza (1800 W. Old Shakopee Rd., Bloomington, MN 55431)
in conjunction with the Bloomington Farmer's Market

Exhibitors, breakout sessions and activities to enjoy.

Activities include:

- Tours of the Farmers Market
- Cooking Demonstrations using Farmers Market produce
- Home Depot DIY Projects (while supplies last)
- Gentle Mat Yoga Demonstration
- Tai Chi Demonstration
- Dance Performance by Wild Rose Cloggers

Free admission. Free parking. There will be a shuttle bus from
Creekside Community Center to Civic Plaza, 7 a.m. - 1:30 p.m.

For more information:

Human Services at Creekside Community Center
952-563-4944, TTY 952-563-4933

*Please be advised that the City of Bloomington does not sponsor or endorse or have a relationship with the organizations/businesses which participate in the 50+ Living Well Expo unless specifically stated otherwise.

The City of Bloomington does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all City of Bloomington services, programs, and activities. Upon request, this information can be available in Braille, large print, audio tape and/or electronic format.

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Exhibitors

- Aihu
- AARP Minnesota
- Advacare Clinics, LTD
- Bloomington Wellness Center
- Budget Hearing Centers
- Chu Vision Institute
- Compassion & Choices of MN
- CSL Plasma
- Handi Medical Supply
- Health Source Chiropractic
- Home Instead Senior Care
- LifeSprk
- Matthews Law Office, An Estate Planning & Elder Law Firm
- Marita International
- Metropolitan Area Agency on Aging
- Minnesota Medicare Consultants
- Miracle Ear
- Rose's Daughters
- Sam's Club
- Senior Community Services
- Southdale Hennepin County Library
- The Pines
- Thrivent Financial
- Trader Joe's
- Walker Methodist Care Suites

*Exhibitors are subject to change.

Breakout Sessions

Managing Transition into Life at a Senior Community

Presented by The Pines

Council Chambers, 9 - 9:30 a.m.

Learn about different types of senior communities, when to begin looking for options, tips for touring, how to finance your new housing, and managing the typical emotions that accompany the transition.

Gaining Peace of Mind Through Advance Care Planning

Presented by Compassion & Choices of MN

Dakota Conference Room, 9 - 10 a.m.

This seminar is an introduction to what to expect at the end of life and how to best prepare through conversations with family and completion of a healthcare directive.

Stay Safe at Home

Presented by Senior Community Services

Rehearsal Hall, 9:30 - 10 a.m.

Learn fall prevention tips and find out more about a Home Health and Safety Assessment. Members of the HOME team from Senior Community Services will lead a presentation explaining the safety assessment process. Find out ways Senior Community Services can assist to make safety improvements to your home.

Medicare 2016: Big Changes for Minnesota - What could cost you big!

Presented by Minnesota Medicare Consultants

Rehearsal Hall, 9:30 - 10:30 a.m.

Expect many cost changes and options for Medicare Supplements for 2016. Learn how to control Medicare instead of it controlling you.

*This is not a sales pitch

Estate Planning

Presented by Matthews Law Office, An Estate Planning & Elder Law Firm

Council Chambers, 10 - 11 a.m.

Join leading attorney and CPA Ed Matthews for this valuable workshop to learn how to protect your assets, avoid probate, and minimize taxes with a proper estate plan.

The Aging Eye

Presented by Chu Vision Institute

Dakota Conference Room, 10:30 - 11 a.m.

This seminar will inform attendees about common conditions affecting eyes as the aging process occurs. Topics include cataracts, dry eye, glaucoma, common retina conditions, and tips for good eye health.

Life Reimagined

Presented by AARP

Rehearsal Hall, 11 a.m. - 1 p.m.

Gain insight to where you are in life and where you want to go. Life Reimagined introduces a powerful step-by-step approach to help you discover possibilities for change, and to make your ideas real.

Savvy Social Security Planning

Presented by Thrivent Financial

Dakota Conference Room, 11:30 a.m. - 12:30 p.m.

This workshop covers the basics of Social Security and reveals strategies for maximizing your benefits.

*This workshop is appropriate for those individuals who have not yet started collecting benefits