

Senior Wellness Expo

Friday, October 30th

Courtland Center- Burton

9am – 3pm

Speaker Schedule

Main Stage

How To Protect Your Financial Portfolio 9:30-10:00

Spencer Financial Services • Michael R. Spencer

Stroke: Reducing Your Risk 10:00-10:30

Genesys • Rebecca Banat, Neuroscience Program
Coordinator

Managing Holiday Blues - Stress Management

During The Holiday Season. 10:30-11:00

Health Plus • Randy Jones MPH , CHES , Director of Health
and Lifestyle Management

Movement For A Lifetime 11:00-11:30

McLaren • Kellie Stites, Recreational Therapist

Low Impact Exercise For Seniors. . . . 11:30-12:00

Genesys Athletic Club • Linda Fitchett

Seeking Opportunities In An Uncertain Market. 12:00-12:30

Waddell & Reed • Aaron Oskey

**Modern General Chiropractic Care
For All Seniors. 12:30-1:00**

Corunna Road Family Chiropractic • Dr. Virgil Love, DC

Restaurants, Car Washes And More Auction. . . 1:00-1:45

WFNT Live Auction • Dan Foley

15 Minutes Of Fun With Ted 1:45-2:00

Vertigo Theatrics • Ted Valley, Artistic Director/Producer

Medicare 101. 2:00-2:30

WFNT • Jake Collins, MBA

Cooking Stage

Heart Healthy Recipes. 11:00

VG's Grocery • Troy Hemstreet

Holiday Favorites-The Diabetic Way 1:00

VG's Grocery • Troy Hemstreet

McLaren Area

A Healthy Pelvic Floor 12:00-12:30