

# Changing Aging

HELPING YOU LIVE HEALTHY, CONNECTED & PREPARED



**Sunday, September 22 | 12:30–3:30 p.m.**  
Boothbay Region YMCA, 261 Townsend Avenue, Boothbay Harbor, ME 04538

- Free flu shots
- Free, simple haircuts
- Enjoy appetizers and refreshments
- Talk about advance planning
- Ask a pharmacist about medications
- Learn about local health care resources and senior living options
- Chat with home modification experts
- Educational sessions and more!

## Presentation Schedule:

**1:15–2 p.m.**

**The Importance of Planning Ahead**

*Receive a step by step guide*

**Healthy Aging and the Brain**

**2:30–3:15 p.m.**

**The Importance of Planning Ahead**

*Receive a step by step guide*

**How Seniors Can Prevent Scams**



The event is open to all Lincoln County residents and caregivers. No pre-registration is required.

For more information, visit [CCHI.CourseStorm.com](http://CCHI.CourseStorm.com) or call 207-563-4540.