Parish Health Ministry

Refresh Your Soul 2018

Positive Aging

Keynote speaker: **Dr. Gary Chapman,** international bestselling author of *The Five Love Languages* which has sold more than 10 million copies. Featured speakers: Healthy aging experts, **Kay Van Norman and Dr. Wendy Rogers**

The 5 Love Languages and Positive Aging
Do you agree that we all want to feel loved by the significant people in our lives? And aging will not diminish that need! **Dr. Gary Chapman** will share the "5 love languages" he has developed to both show and receive love.

Running with Scissors
With a humorous, thought-provoking presentation, **Kay Van Norman** will provide insights on aging with purpose. She will share strategies to change the way we think of aging and what we must do to age with vitality and purpose.

Technology for Healthy Aging
Contrary to myths, older adults are willing and able to adopt technology into their lives. **Dr. Wendy Rogers** will teach us how apps, mobile devices, and other technologies can enable autonomy and independence in older adults.

OPTIONAL VIP LUNCHEONS:

Keeping Love Alive as Memories Fade
The 5 Love Languages & Dementia by Dr. Gary Chapman

The Vitality Portfolio
by Kay Van Norman

Aging with Spirit
by Liz Tassone

Monday, March 12, 2018
9 a.m. – 3:30 p.m.

To register, visit parishhealthministry.com/RYS • Questions, call 513.979.2246

Conference Location: The Cintas Center at Xavier University in Cincinnati

Presented by Episcopal Retirement Services' Parish Health Ministry

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