Continuing Education Units are available for this event. Go to the Old Dominion University booth inside the Grand Hall for details.

OVER FIFTY EXPO SPEAKERS

*** ALL CLASSES ARE ON A FIRST COME/FIRST SEATED BASIS AND MAY BE LIMITED IN NUMBERS ***

December 2, 2106

- 9:30am – 10:30am: **Estate Planning, Wills and Trusts.** Speaker: Byrum Geisler, Esq., of the law firm of PennStuart. Mr. Geisler’s work emphasizes tax planning in conjunction with the drafting of wills and the establishment of trusts.
- 9:30am – 10:30am: **Successfully Navigating Getting Older:** Speaker: Ronald C. Hamdy, MD, FRCP, FACP. Dr. Hamdy, a Professor of Medicine at East Tennessee State University of College of Medicine, has lectured and written about the aging process for many years.
- 11:00am – 12:00noon: **End of Life Issues – Medical Directives, Living Wills and “Do Not Resuscitate” Orders.** Speaker, Matt B Crum, Esq. Mr. Crum’s law firm in Abingdon emphasizes elder law and senior issues.
- 11:00am – 12noon: **AARP: Life Reimagined; Empowering Yourself to Make the Next Move.** This workshop, led by Stevan Demase, will give expert guidance and resources for your situation in pursuing goals for work, relationships, health and finance.
- 11:00am– 12noon: **Safe Investing in a Chaotic Financial World.** Speaker, Bryan Lawson, Certified Financial Planner, Highlands Wealth Management, a division of Highlands Union Bank.
- 11:00pm – 12noon: **Medication Management, Fall Prevention, Alzheimer’s/Dementia and Caregiver Health. VirginiaNavigator Family of Websites.** Speaker, Allen Slagle, Community Outreach Specialist for VirginiaNavigator.
- 11:00am – 12noon: **Cooking for One or Two.** Chef Matt Henry. Class limited to 24 – first come/first seated sign-up. Food City Kitchen
- 1:00pm – 2:00pm: **Powers of Attorney, Guardianship and Conservatorship.** Speaker, Michelle Clayton, Esq., of the Clayton Law Firm, Marion, Va. Mrs. Clayton’s firm is dedicated to providing the best in Elder Law, Estate and Medicaid Planning.
- 1:00pm – 2:00pm: **Cooking for One or Two.** Chef Matt Henry. Class limited to 24 – first come/first seated sign-up. Food City Kitchen
- 1:00pm – 2:00pm: **Increasing Your Odds of Beating Alzheimer’s Disease.** Speaker, Ramsey White, DDS, Director of the College for Older Adults.
- 2:30pm – 3:30pm: **Getting Started with the Essentials of Aging.** A workshop presented Seasoned Adults Generating Energy (SAGE) SWVA.
- 2:30pm – 3:30pm: *Estate Planning, Will and Trusts*. Speaker, Robert F. Peel, Esq., of Jones, King, Downs & Peel, P.C., Bristol, TN.
- 2:30pm – 3:30pm: *Cooking for One or Two*. Chef Matt Henry. Class limited to 24 – first come/first seated sign-up. **Food City Kitchen.**