

# SENIOR RESOURCE DAY

*Open To The Public*

## FREE ADMISSION



## *Pathways to Wisdom*

THE DYNAMICS OF AGING

### Friday, October 10, 2008

### 9:30 am-2:00 pm

**Douglas H. Buck Community Recreation Center**

2004 W. Powers Ave, Littleton, Colorado 80120

Presented by The Arapahoe County Council on Aging

KAISER  
PERMANENTE® **thrive**

**50<sup>Plus</sup> Marketplace**



**Jose's  
Restaurant**

Seniors Inc., Pathways Home Care, Colorado Community Newspapers, Arapahoe County Community Resources, Compass Bank, Wealth Management Group.

For more information, please contact 303-797-8787



# Pathways to Wisdom

THE DYNAMICS OF AGING

## We all want to live longer and better.

This free event is designed to give people of all ages access to information that will help them as they journey along their own individual path to health & wholeness. The event is sponsored by the Arapahoe County Council on Aging to educate, inform and empower people to take charge of their own well-being.



### Finding Spirit on the Bright Side of Life.

Val Purser is the Volunteer Coordinator for Arapahoe County's Volunteer Connections program in the Community Resources Department. She has over 20 years of experience in volunteer management. She worked for Mayor Federico Pena as the Assistant Communications Director for Public Works and Executive Director for the Keep Denver Beautiful campaign. She has been a producer, director, and undercover reporter for KMGH Channel 7 News.



### Laughing Yoga

Andrea Silver is a holistic psychotherapist, a yoga teacher and a laughter yoga leader. She has been practicing yoga and meditation for thirty years. Sharing laughter yoga with others has made her life richer, fuller and more fun. She enjoys being silly and playful and supporting others in opening to their inner joy.



### Roland Ryan

Roland Ryan's education includes a BS from South Dakota State University and a MS from the University of Illinois. He was director of Health, Physical Education and Recreation at Arapahoe Community College and Fitness Center Director at Arapahoe Community College. A SilverSneakers exercise leader, Founder/Owner of Exer-fit a Fitness/Wellness consulting firm and is currently working with the Native American Diabetes Prevention programs. He has a special interest and involvement is the exercise needs of seniors.



### Rick Crandall

Breakfast Club Host and station Manager for KEZW AM 1430 will be our Master of Cermonies



Protect Your Identity!  
Bring your confidential documents to be shredded on the spot.

Limit to 3 boxes or garbage bags per person.

**FREE!**

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