

# Video presentations of Aging With Grace

Focusing on what's really important

## Three-part video series

**Thursday, January 24, 1:30–3 pm**

–Willow Room

Elizabeth Eckstrom, MD, MPH, MACP.

Director of Geriatrics, OHSU, co-author of *Gift of Caring*.

- *Healthy brain aging and lessons learned from cultures with longevity*

**Thursday, January 31, 1:30–3 pm**

–Willow Room

Maureen C. Nash, MD, MS, FAPA.

Medical Director, Providence Elder Place.

- *Aging Well: Mental and Emotional Resiliency*

**Saturday, February 9, 1:30–3 pm**

–Manzanita Room

Darin Dooley, JD, and Megan Fuhrer, MBA, JD.

Nay & Friedenbergs Elder Law Firm.

- *Key legal documents for your and your family's planning*



## ***Video presentations and discussions***

Elsie Stuhr Center

5550 SW Hall Blvd, Beaverton 97005

**Fee per presentation:** public \$5 (*payable at the door*)



**RSVP REQUIRED:** 503-746-5082 or [vivavillageor@gmail.com](mailto:vivavillageor@gmail.com)

**Co-sponsored by Viva Village and Elsie Stuhr Center**

