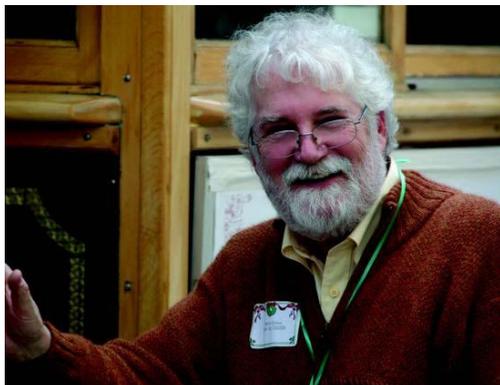


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## Inaugural Senior Health and Wellness Fair launched

By Sora O'Doherty



Dr. Patrick Arbore, who specializes in elderly suicide prevention and grief services, will speak at the Sept. 23 Senior Health and Wellness Fair. Photo provided

chronic loneliness and undiagnosed depression." Arbore wanted to change that.

According to Arbore, self-empowered aging means taking control of one's life by learning, updating and improving skills, taking risks, building confidence, assuming power over personal circumstances, and developing the resilience to overcome inevitable challenges to come.

A panel of experts will offer effective ways to improve health and wellness through exercise, nutrition, continuing education, spirituality, connectedness, and alternative medicine. The Quality of Life Panel will focus on taking care of both body and soul. The panel will include Vera Singleton, a Lafayette holistic medical practitioner; Arcadia Wellness, a medicinal cannabis specialist on the legal and medical aspects of medicinal cannabis; and Stuart Moore, a Moraga senior fitness specialist. Jennifer Monahan of Osher Lifelong Learning Institute will talk about plasticity of the brain, continuing education, lifelong learning and cognitive fitness. There will be two chair yoga sessions led by Atma Yoga, chair massages will be provided by Massage Envy, and food will be supplied by Aegis and Vitality Bowls.

The focus of the event will be on lifelong wellness and excitement. The event will also feature local business vendors and associations, ready to answer questions on aging. Vendors will include representatives of senior living, hearing specialists and financial planners. Attendees will be given passports that will be stamped at each vendor's table. Once completed the attendees may enter their name in a raffle to win unique giveaways.

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