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Speakers and expo lined up for 2019 Senior Symposium

By Pippa Fisher



Participants at a recent Senior Symposium Photo provided

their elder aging parent or friend needing services."

Whitney says it takes a small army of volunteers to put this annual event on, including this year help from the nonprofit mother-daughter National Charity League and local Boy Scouts and Girl Scouts. He credits the strong work of event chair Sereta Churchill along with emeritus board member Anne Grodin for her tenure supporting the event.

The symposium has grown over 11 years, both in numbers of attendees as well as sponsorship support. "We are so proud to have John Muir Health as a continuing Diamond Sponsor along with Kaiser and HCA as new Platinum Sponsors this year," says Whitney. Last year over 200 people attended, their largest ever event.

This year the event will cover topics such as "Cannabis - still uncharted territory" presented by Lawren Hicks, MD, a look at what is really known about medical marijuana. Lamorinda CERT Program Manager and Lafayette Emergency Preparedness Commission Chair Duncan Siebert will cover emergency preparedness. Oakwood Athletic Club Fitness Director Marie Puts will be talking about functional fitness and Jeffrey Dieden MD will be teaching how to recognize signs of stroke.

Along with the vendor resource fair there will be travel tips for seniors.

Although the event is free, online registration is required at the website below.

<http://lafayetecf.org/2018-senior-symposium/>

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