

The Sunshine Center presents...

“Healthy Aging Tips: Top Ten List”

Come learn the top ten MOST IMPORTANT tips for healthy aging! Heidi will outline an integrated approach to healthy living, including how discoveries in neuroscience unlock the mystery to why we are able (or not able) to make healthier food and lifestyle choices.



Presenter Heidi Crockett
Aging Care Advocates, Inc.
Geriatric Care Manager, MSW

Date: April 30, 2014

Time: 1:00-1:30pm

Location:

Sunshine Center

330 5th Street North

St. Petersburg, FL 33701

727-893-7102

