

# HEALTH & WELLNESS EXPO

Connecting Families & Health Care Professionals

THIS EVENT WILL HELP FAMILIES FIND LOCAL RESOURCES TO MEET THEIR LOVED ONE'S NEEDS; HELP CAREGIVERS WITH SPECIFIC STRATEGIES TO MAINTAIN A HEALTHIER, BALANCED LIFE & LEARN ABOUT THE LATEST RESEARCH ON AGING WELL.



January 31, 2019

4:00pm to 7:00pm

Valley Memorial Park – Novato, 650 Bugeia Lane (Off Atherton Ave)

## PRESENTATIONS BY:



**DORIS BERSING, PHD**  
PUBLIC SPEAKER, GERIATRIC  
CONSULTANT & CLINICAL  
PSYCHOLOGIST



**LAURA SHEEHAN BSN, D.C.**  
SHEEHAN CHIROPRACTIC  
HEALTH COACH



**DR. DIPA BHAUMIK**  
STAFF SCIENTIST  
BUCK INSTITUTE

TABLE TOP EXHIBITS • FOOD & BEVERAGE PROVIDED BY VALLEY MEMORIAL PARK • RAFFLES

To reserve a seat, please email:  
[sherri@valleymemorialpark.com](mailto:sherri@valleymemorialpark.com),  
or call 415.897.9609

## HOSTED BY:



**VALLEY MEMORIAL PARK**  
CEMETERY & FUNERAL HOME



**FREE EVENT!**