

REDDING: Willing and Able

Brought to you by... RVNA's Quality Living at Home, Redding Commission on Aging and the Town of Redding

Wednesday, May 18th | 5:00pm - 7:00pm

Redding Community Center

37 Lonetown Road | Redding, Connecticut

a FREE event designed to inform, educate and elicit discussion

**Reservations
strongly suggested.*

*Please pre-register to
receive raffle tickets
for free prizes.*

*Call Eloise Barron,
Director of
RVNA's Quality
Living at Home
203.438.5555, x 1005.*

*Light refreshments
will be served.*

WORKSHOPS*

- 5:00-5:30:** Legal and Financial Strategies
~Eldercare Attorney Ann Fowler-Cruz & Financial Advisor Barbara McMahon
- 5:30-6:00:** Alternative Therapies – Reiki ~ Reiki Master Ellie Kirk
- 6:00-6:30:** Scams: What You Don't Know Can Hurt You
~Redding Police Chief Fuchs
- 6:30-7:00:** Strategies for Dealing with Aging Parents ~Dr. R. Kopfstein

HEALTH SCREENINGS, INFORMATIONAL BOOTHS, RAFFLES

- Free cholesterol (non-fasting) and anemia screenings, blood pressure and diabetic risk assessments.
- Free Lion's Club vision and glaucoma screenings.
- Learn about housing options and safety in your home from Fire and Police.
- Meet representatives from: Danbury Hospital, rehabilitation centers, CL&P, Alzheimer's and Lyme associations.
- Sign up for AARP Safe Driver and Keystone Club's winter programs.
- Visit booths for a chance to win a free raffle prize.

EVENT SPONSORS:

Redding Commission on Aging
Town of Redding



DANBURY HOSPITAL

A Higher Level of Care

