

**Financial, Health, & Wellness EXPO**

~*October 30, 2014*~

1-4 PM @ the Fifty Forward Martin Center

960 Heritage Way, Brentwood, TN 37027 Call 615.457.1094 for more information

## Join representatives from the following local companies as we discuss the importance of health and wellness and

provide you with resources and tips to ensure that your health and wellness continue throughout your entire life!

American Cancer Society • Debbie Lambert Real Estate Services • Granite Retirement & Regen Tax • Griswold Home Care •

Let’s Get Moving! • Life Links • WebWellnessMD •

Restore Hormonal Vitality and Wellness Center • Crumb de la Crumb

ATTENDANCE IS FREE! NO RSVP REQUIRED!

Door Prizes and Refreshments Will Be Provided!

See the back of this invitation for more information on topics that will be discussed at the Expo!



**Schedule of Events & Topics**

### 1:15pm Debbie Lambert - Debbie Lambert Real Estate Services

**Nashville’s Housing Options for Those in the 50+ Market** - Debbie will share her knowledge of real estate in the Middle Tennessee area and the various benefits making a housing change could have on your budget, enjoyment and outlook on life. Additional information about some of the area’s best kept secrets for senior housing communities.

### 1:30pm Tim & Beth Walrich - Griswold Home Care

**Fall Risk Prevention & Practical Home Safety For Adults –** This presentation will educate and raise awareness to the importance of preventing often life-changing falls and injuries, especially in our senior population. Also, available **Free Online CEU Training Courses -** “Living With The Challenging Symptoms Of Dementia”, and courses on “Multiple Sclerosis, Parkinson’s Disease, ALS, Aphasia, and Heart Disease.” A valuable educational resource and training for families, caregiver’s, and service providers.

### 1:45pm Jennifer Campbell - American Cancer Society

**Estate Planning and Charitable Giving -** Where does my money go? What does ACS do for patients locally? Let us answer some of your questions! Plus, get information on local research and upcoming events and learn how you can give back and support the fight against this dreaded disease!

2:00 pm Dr. Johnny Bryant & Dara McLeod - Restore Wellness Center & WebWellnessMD **Wellness for Retirees -** Are you ready to age with health and vitality or just hoping for the best? The BioTE Method and Wellness offers vitality today while decreasing risk of future chronic debilitating disease tomorrow. Dr. Bryant, his pharmacist wife Joyce, and Dara McLeod, WebWellnessMD, will introduce you to this life empowering management. Stop by our booth for an energy pick up and see how “old” your body really is!

### 2:15pm Craig Hendrix - Granite Retirement & Regen Tax

**Taxes and Retirement -** Don’t miss Granite Retirement & Regen Tax’s tax specialist, Craig Hendrix as he discusses crucial tax saving strategies that must be done BEFORE the world ends for the IRS on Dec. 31st! Stop at their vendor’s table for an exclusive offer on your 2014 tax preparation! $79 individual tax preparation for those 55 and older.

2:30pm Cliff Spencer - *Let’s Get Moving!*

**Downsizing and Relocating -** We’ll share critical tips on how to reduce stress while you plan and prepare for your upcoming move. Learn about the two overwhelming

issues facing people who are downsizing: What should/can I can take with me to my new residence and what should I do with the items I don’t take? Also receive a complimentary consultation for your transition!

### 2:45pm Gretchen Geagan - Life Links Care Management and Advocacy

**Talking with Aging Loved Ones -** Gretchen Geagan, owner and aging care expert with over 20 years of experience, will share “The Top 5 Things You Need to Talk About with Your Aging Loved One”. Visit the Life-Links vendor table for a free memory and/or depression screening.

### 3:00pm Crumb de la Crumb Cafe and Baker Shop

**Refreshment Vendor -** Crumb de la Crumb will be providing refreshments for the event. These refreshments are the perfect blend of all things fresh, healthy, and delicious.