

Welcome to

EMPOWERING SENIORS 2012



a Health and Lifestyle EXPO for Boomers & Seniors



Presented by
Commissioner Gary Fickes

Tarrant County, Precinct 3

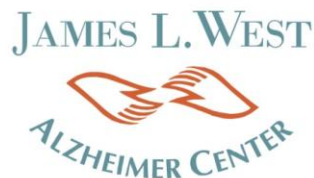


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Enrichment Center



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Keller-Citizen

Times-Register

Southlake Journal



Workshops

Celebrities Who Have Made a Difference in My Life



Bobbie Wygant
Entertainment Reporter and Critic for NBC5



Women to Women: Living Smarter. Living Stronger



Jennifer Pope
AARP



Deborah Williams
AARP

ID Theft and Fraud



Raymon Cannon
Colleyville Police Department



Creative Caregivings



Barbara L. Harty, RN, GNP
UNT Health Science Center



Kay Pace Sharp, RN
James L. West Alzheimer Center

Marketing Your Skills for an Effective Job Search



Sal Adamski
Workforce Solutions of Tarrant County



Volunteerism as a Path to Meaning



Peter Luby
Senior Citizen Services of Greater Tarrant County

Better Choices, Better Health

- *Healthy Living & Self-Management of Chronic Conditions*

- *Managing Medication Use*



Maria Gray
Better Choices, Better Health
Program Coordinator



Delores Little, LCSW
HomeMeds Medication Mng.
Program Coordinator

- *Managing Concerns about Falling*

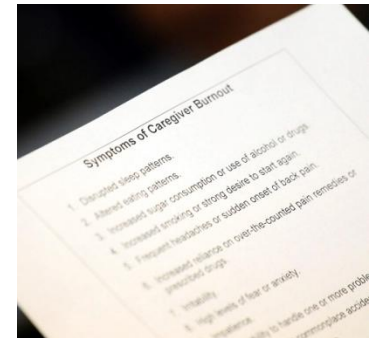


Darlene Rhodes
Matter of Balance
Program Coordinator

Stress Management Tips for You and Those You Care For



Zanda Hilger, M. Ed., LPC - Area Agency on Aging, United Way, and ADRC





Entertainment



Sinatra-Style Vocals
Ken Nelson

Tranquil Musical Moments
Stan Paschall



Young at Heart Band



Jump in Juggle
Brent McIlvain



Piano Melodies
Carolyn Lynch



Dallas Tap Dazzlers



**Salsa Dance & Zumba
by Kristina**



BINGO



Provided by



Community
Enrichment Center





Volunteers







Mid-Cities Pacesetters Rotary Club
 assisted with the food drive benefiting :

Community Enrichment Center

& 6 Stones

Thank you for your donation!

*A special
 thank you to...*



Thank you to our Cities!

Bedford

Keller

Colleyville

North Richland Hills

Eules

Richland Hills

Fort Worth

Roanoke

Grapevine

Southlake

Haltom City

Trophy Club

Haslet

Watauga

Hurst

Westlake



Thank you to our Senior Centers!

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Keller

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North Richland Hills

Eules

Richland Hills

Fort Worth

Roanoke

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Southlake

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Thank you to our Chambers of Commerce!

Colleyville

Grapevine

HEB

Northeast Tarrant

Northwest Metroport

Southlake



To all of you...

SPONSORS

VENDORS

SPEAKERS

VOLUNTEERS

ATTENDEES

**Thank you for making
this event possible!**



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Commissioner Gary Fickes • Tarrant County, Precinct 3

We'll see you
next year!